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COMEDY QUEEN TURNS 80 AND THE 'POLICE BRUTALITY' IS ACERBIC AS EVER

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Mary Jane's last dance at home

In part of an overhaul to the federal medical-marijuana program, home-grown bud to no longer be legal

PAGE 3

Big gown hunter

Say Yes to the Dress's Randi Fenoli doesn't see a bridezilla, just a woman who spent how much money? And waited how many years? And how many people are watching?!?

PAGE 20

THIS TOWN GETS YOUNG FOR FOLKFEST

Neil Young performs at Madison Square Garden in New York in this file photo. Young and his longtime backing band, Crazy Horse, will open Ottawa Folk Fest Sept. 4 with Patti Smith on a new extra night. For full details of a festival boasting names such as Vampire Weekend, the Sheepdogs and Emmylou Harris, turn to page 8. THE ASSOCIATED PRESS FILE

Sick leave about to get a treatment

Revamp. Tories pitch short-term disability to replace existing program for public servants

The federal government wants to revamp public-service sick leave to reduce high levels of absenteeism.

A new short-term disability program would replace the present system of banked sick days, Treasury Board President Tony Clement told a news conference Monday.

The existing long-term disability program, which kicks in after 13 weeks of illness, would also be changed to address the problems of the modern workplace, he added.

Clement said the existing system dates back to the '70s, when some workplace problems, such as mental illness, were largely ignored.

"A more robust disability management system will emphasize prevention and rehabilitation, and will also include enhanced support for current and emerging health issues like mental illness, which was not adequately recognized 40 years ago but now represents more than half of all disability claims in the Canadian workplace," he said.

The minister said public servants average 18.2 days of paid and unpaid sick leave every year, compared with an average of 6.7 days in the private sector.

Clement said the new programs would be more efficient, effective and fairer to employees. For example, the system of banking sick leave favours longer-term employees over new hires and younger workers.

"It's time we fix an inefficient system that doesn't work for employees, who need the support, or for Canadian taxpayers, who are footing the bill."

The details of the new systems will have to be negotiated with government unions, Clement added.

For local reaction to the idea, turn to page 4.

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Sylvia Bermudez, a Google enterprise account executive, loads up a Google Chromebook at the Alta Vista branch of the Ottawa Public Library. GRAHAM LANKTREE/METRO

City libraries to offer Google Chromebooks

Hoping to help ease the backlog at computer workstations, the Ottawa library is boosting their fleet with the addition of 30 new Google Chromebooks — a first for libraries in Canada.

"With a branch like Rideau, their computer workstation booking is at 100 per cent. So if you go in and try to get a computer there, you have to wait until a non-requestable workstation is available," said Kevin Wollenschlager, a librarian with the Ottawa Public Library's digital services.

In addition to reducing wait times for computer access, the slim netbook-like devices connect to the Internet quickly and removes personal data once users are finished. With the new machines, visitors have the freedom to move throughout six of the city's branches with the device on loan for two hours. The small computer connects users with their Gmail account, word processing and cloud storage hard drive.

At $250 each, the devices may eventually replace the OPL's old workstations at half the cost. Google is courting Canadian libraries for Chromebook sales, touting their increased security features.

"We hope to make this a national endeavour," said Sylvia Bermudez, a Google enterprise account executive.

The Chromebook pilot project is available at Alta Vista, Nepean Centrepointe, Carlingwood, Greely, Rideau and St-Laurent library branches.

GRAHAM LANKTREE/METRO

Growing medical marijuana at home to become illegal

Pot talk. As of April 1, 2014, medical marijuana will only be accessible through a licensed provider approved by the feds

Sweeping changes to the ways Canadians will be able to access medical marijuana were announced Monday.

Federal Health Minister Leona Aglukkaq said it will be illegal for Canadians to grow medical marijuana in their homes as of April 1, 2014. By then, Health Canada will no longer sell and distribute marijuana for medical purposes and it will only be accessible through a licensed provider approved by the federal government.

The number of Canadians under the Marijuana Medical Access Program has surged from 500 in 2001 to more than 30,000 today, Aglukkaq said.

The growth has contributed to "unintended consequences for public health, safety and security as a result of allowing individuals to produce marihuana in their homes," Health Canada said in a news release.

"Under the new system people will be able to buy marijuana for medical purposes from a licensed producer of their choice," Aglukkaq said Monday. "They will continue to consult their physicians, but no longer have to apply to Health Canada to access marijuana for medical purposes."

Speaking at an Ottawa fire station, Aglukkaq said the new changes mean Canadians will no longer have to subsidize the cost of producing medical marijuana for patients, which she pegged at $15 million per year.

Ottawa Fire Services chief John deHooge applauded the new regulations, saying it would, in theory, lead to fewer fires related to home grow operations. He conceded, however, that illegal grow operations would likely continue.

DeHooge said every year one in 22 fires in Canada is related to a marijuana grow operation, but when asked how many of those fires are related to legal operations the chief said he didn't have any specific numbers. JOE LOFARO/METRO

Health Minster Leona Aglukkaq poses with her parliamentary secretary Colin Carrie inside an Ottawa fire truck at Fire Station 57 on Beechwood Avenue Monday after she announced sweeping new changes to the medical-marijuana access program. JOE LOFARO/METRO

Impact

Sweeping changes

Health Canada's new changes to the medical-marijuana program will drive prices higher and patients will lose the money they put into their homegrown operations, says a research affiliate at the Centre for Addictions Research of British Columbia.

Philippe Lucas said there are some good aspects of the new regulations, primarily the expedited application process for patients who see medical marijuana.

But, by removing the right for patients to grow the marijuana in their own homes, he said the cost would jump from $5 per gram to $8 per gram.

JOE LOFARO/METRO

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Justice system. No new cash for service helping homeless released from jail, says the city

The Elizabeth Fry Society is asking Ottawa City Hall to help pay for support services for homeless and near-homeless people released from custody at the Ottawa courthouse, but the city is saying there's no money.

Right now the city has a contract with the society to help people who are homeless, or at risk of losing housing, who are involved in the justice system.

One full-time co-ordinator, managing around 200 volunteers and handling 40 to 60 cases a month, performs those duties out of the non-profit's Bronson office.

Volunteers assist people in making their way back to the Ontario Carleton Detention Centre (OCDC) to retrieve belongings such as health cards, belts and shoelaces, or in some cases medication.

They provide bus tickets, help make arrangements for shelter, and tell clients when they're able to go back to the OCDC.

But the expiration of Ontario Trillium funding puts those services at risk, according to Elizabeth Fry executive director Bryonie Baxter.

"We've asked for them to work with us to figure what else we can do in order to continue," Baxter said Monday. "Otherwise, this is going to leave people with ... bigger issues than they're already facing."

Baxter raised the issue at a meeting with the city on June 5, at a regular check-in on their current contract with the city.

In a written response, city officials told Metro there is no new funding available for those services. Should funding become available, the city would issue a request for proposals.

Baxter argues funding a second full-time position would be more cost-effective, ensuring people released from custody have the help they need to avoid reoffending.

ALEX BOUTILIER/METRO

Quoted

"We've asked for them to work with us to figure what else we can do. Otherwise, this is going to leave people with ... bigger issues than they're already facing."

Bryonie Baxter, Elizabeth Fry executive director, on the expiration of Ontario Trillium funding

Current agreement ending. Ottawa City Hall looking for new bankers

The City of Ottawa has issued a tender for its massive banking services contract worth approximately $350,000 a year.

The city's banking is currently handled by the Royal Bank of Canada, and has been since Ottawa's amalgamation in 2001.

That agreement is ending this year.

The contract is to provide banking services for all city operations, including an almost $3-billion yearly budget, revenues from property taxes and fees, and payroll.

RBC will retain other services — most importantly the city's investment and security lending services.

"We are not changing gears," wrote the city's corporate-communications branch in response to a request for an interview.

"We have reached the end of the current banking arrangement and an RFP to renew banking services has been issued for future banking services."

ALEX BOUTILIER/METRO

The contract

The contract is for five years — from September 2013 to September 2018 — with the possibility of two additional five-year terms.

Using the Rideau Timescapes app anyone can try to match their photo skills with those of photogs of yesteryear. GRAHAM LANKTREE/METRO

App lets photogs manipulate time

Student-made. Future versions of the app will include other Ottawa landmarks and more details and stories

GRAHAM LANKTREE
graham.lanktree@metronews.ca

A year of digging through archives to collect 700 photos of the Rideau Canal for a slick app chronicling the waterway's history has paid off for Carleton University history students who won an award for their work.

"They even did the graphic design for it," said James Opp, co-director of the centre for public history at the university, after the Rideau Timescapes app seized the public history prize from the Canadian Historical Association last week.

"What we tried to do was to see how historical narratives had changed," said Opp, whose team of students collaborated with a technical group led by Anthony Whitehead, director of the school of information technology at Carleton, to assemble the app, which zeroes in on the 26 lock stations that dot the canal from Kingston to Ottawa.

One of the main draws is a feature that pinpoints where archival photos from the canal locks were captured. It allows users to then augment reality using their smartphones to overlay those images over ones of the same site captured in the present day.

"I hope they'll get a sense that your experience of place changes when you have other visual representations in front of you," said Opp of what he wants users to take away. "The landscape around the canal has changed. In a sense, it's a much greener space than it used to be."

Ottawa's railway tracks used to run alongside the canal until the 1960s, and many images from within the city show a more industrial side to life on the canal than the recreational uses of running, cycling, canoeing and pleasure boating that we've come to expect.

"What we tried to do was to see how historical narratives had changed," Opp said, pointing out most of the photos come from a time 50 years after the locks were completed in 1832.

Queasy reception for fed's sick leave reform pitch

JORDAN BROWN
ottawa@metronews.ca

The federal government's controversial plans to reform its sick-day and disability policies for public-service employees has struck a chord with some Ottawa residents.

The federal government says it wants to address absenteeism by changing the system whereby employees claim sick days.

Profits before people

"I think it puts profits before people. Whether it's cutting back on welfare services or sick days, it doesn't offer a healthy workforce." Kieran Mckieran, 21, Carleton University student

Wider survey needed

"The government should perhaps take a much wider survey on what people feel before they finally make the decision."

Victoria Ziegler, 73, retired

Distraction

"It seems to be a very convenient distraction from the current political story."

Michael Spacek, 36, PhD Student

'Extraordinary gift'. Mandela's condition 'unchanged' in hospital

Nelson Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a lung infection, and a foundation led by retired archbishop Desmond Tutu described the 94-year-old anti-apartheid hero as a "gift" to South Africa.

As family members visited South Africa's first black president in hospital, the government announced — in only the second communication on Mandela since he was hospitalized on Saturday — that his condition was "unchanged."

A statement issued for the Desmond and Leah Tutu Legacy Foundation described Mandela as "the beloved father of our nation" and offered prayers for a man seen by many around the world as a symbol of reconciliation because of his peacemaking role when white racist rule ended in South Africa.

Mandela "once again endures the ravages of time in hospital," said the Cape Town-based foundation, which was founded by Tutu and his wife Leah to promote peace. "We offer our thanks to God for the extraordinary gift of Mr. Mandela, and wish his family strength."

Tutu, 81, was also a vigorous campaigner against apartheid, which ended when all-race elections were held in 1994 and Mandela became president. Like Mandela, Tutu was awarded the Nobel Peace Prize for his efforts on behalf of his compatriots. Mandela shared his prize with F.W. de Klerk, the last president of the apartheid era. "We send our blessings to the doctors and nurses responsible for his care," Tutu's foundation said. THE ASSOCIATED PRESS

A boy stands in front of a mural of former South African president Nelson Mandela in Johannesburg, South Africa, Monday. Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a recurring lung infection. THEMBA HADEBE/THE ASSOCIATED PRESS

What's next move for admitted leak source?

Surveillance. Top Hong Kong law-enforcement official suggests it would be wise if Edward Snowden left town

This photo provided by The Guardian Newspaper in London shows Edward Snowden, who worked as a contract employee at the National Security Agency, on Sunday in Hong Kong. The Guardian identified Snowden as a source for its reports on intelligence programs after he asked the newspaper to do so on Sunday. THE GUARDIAN/THE ASSOCIATED PRESS

An apparent international cat-and-mouse game was in play Monday following the confession of Edward Snowden, a former CIA tech expert who leaked details of top-secret American surveillance programs to two news organizations and then hunkered down in a Hong Kong hotel.

Snowden, 29, stepped forward over the weekend as the source of leaks to Britain's The Guardian and the Washington Post about the U.S. government's sweeping monitoring of cellphone logs and web servers.

Hong Kong has an extradition treaty with the U.S., but China has the ultimate say over extradition requests in cases where the country's foreign interests could be at stake. Snowden said he chose Hong Kong because of its "strong tradition of free speech."

"The only thing I can do is sit here and hope the Hong Kong government does not deport me," Snowden told The Guardian.

Snowden reportedly checked out of a Hong Kong hotel on Monday. His subsequent whereabouts were not immediately known, but a top-ranking official in Hong Kong law enforcement suggested in a statement that Snowden would be wise to leave the city.

Hong Kong is "obliged to comply with the terms of agreements" with the U.S. government, including extraditing fugitives, said lawmaker Regina Ip, who was once the city's top security official.

THE CANADIAN PRESS

Where to now?

Snowden turning to Iceland?

Iceland has always attracted outsiders. It has welcomed chess master Bobby Fischer, WikiLeaks' Julian Assange and advocates of the Pirate Party. Could its next guest be Edward Snowden?

In an interview published Sunday, Snowden floated the idea of heading to Reykjavik. He told The Guardian that he was inclined to seek asylum in a country that shared his values — and "the nation that most encompasses this is Iceland." THE ASSOCIATED PRESS

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Folk Fest grows up but gets Young

Music. Neil Young, Kendrick Lamar and the Sheepdogs among artists performing at this year's festival

SEAN MCKIBBON
sean.mckibbon@metronews.ca

Ottawa Folk Fest is getting bigger — and younger — says executive programming director Mark Monahan.

"We've added a day ... because we just got Neil Young and Crazy Horse for opening night," says Monahan, who has been overseeing the festival for the past three years.

He says the festival, being staffed again at Hogsback Park, has evolved considerably. "We've been overseeing it for three years. The audience is pretty diverse; it's definitely gotten younger."

The lineup, including such artists as Vampire Weekend, Amos the Transparent, the Sheepdogs and the Carolina Chocolate Drops, promises to be every bit as diverse as its audience. But Monahan insists the festival hasn't lost touch with the folk genre.

"If you look at folk the way people saw it in the 1960s, it's people singing songs about the issues of the time. And we have that with Neil Young and Patti Smith and Emmylou Harris," he said.

"But you look at a guy like Kendrick Lamar and it's the same thing, only he's singing about the issues people are facing right now."

But Monahan shies away from any political agenda, saying it's not the place of the festival to have one, though the musicians are very much in keeping with the tradition of folk music.

Just as with Bluesfest, Folk Fest passes will come in the form of RFID tag wristbands that are transferable — a feature Monahan says has become popular.

Get your tickets

An online-only ticket offer of $128.50 for a five-day transferable adult wristband begins Wednesday at 10 a.m. and ends Friday at midnight. Visit capitaltickets.ca and ottawafolk.com for complete ticket details.

Festival lineup highlights

- **Sept. 5:** Neil Young and Crazy Horse, Patti Smith, Colin Meloy, Little Stella, Shannon Rose and the Thorns, Shred Kelly, The Claytones, Three Little Birds, Vampire Weekend
- **Sept. 6:** Amanda Rheaume, Amos the Transparent, Beth Orton, Emmylou Harris and Rodney Crowell, Kendrick Lamar, Matt Andersen, Robyn Hitchcock, Shad, Tall Trees
- **Sept. 7:** Carolina Chocolate Drops, Hayden, Hey Ocean!, John Allaire, Leif Vollebekk, Martyn Joseph, Pacific Curls, Rachel Sermanni, Sheesham and Lotus, Sondre Lerche, The Sheepdogs, Trent Severn
- **Sept. 8:** Carolina Chocolate Drops, Chris Smither, Dave Norris and Local Ivan, David Lindley, Folly and the Hunter, Jeff Lang, Kat Edmonson, Mac DeMarco

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CFL. Ottawa's new team the butt of online jokes over spelling of its name

Just don't refer to Ottawa's new CFL team as the "Red-Blacks" or the "Redblacks."

The team was the butt of many an Internet joke Monday after releasing a style note to the city's press, requesting the name be spelled in capital letters.

The team's communications vice-president Randy Burgess explained the issue is simply a matter of branding for the new franchise.

"Whether it gets written that way by media members or not, I wanted those on our contact list to know what our official way of writing it is," Burgess explained in a note to Metro.

"RedBlacks, the most common way it's been written, implies (two) words. It's not two words. That's all."

The team officially unveiled its new name and logo on Saturday to a crowd of 3,000 at Ottawa's Ernst & Young Centre.

The team is slated to host its first game at the redeveloped Lansdowne Park in 2014. **ALEX BOUTILIER/METRO**

Former Ottawa Rough Riders player Tony Gabriel celebrates after the logo and name for the new Ottawa CFL franchise are announced on Saturday.
PATRICK DOYLE/THE CANADIAN PRESS

Ghost plane raised from English Channel

Attempts to raise the Dornier from the English Channel were delayed for weeks before Monday's successful effort. GARETH FULLER/THE ASSOCIATED PRESS

Second World War bomber. German aircraft shot down during Battle of Britain

A German Second World War bomber was raised from the bottom of the English Channel on Monday, after previous attempts were thwarted by poor conditions.

The Dornier Do-17 aircraft was shot down off the coast of Kent county in southeastern England more than 70 years ago during the Battle of Britain.

Nicknamed the Luftwaffe's "flying pencil" because of its narrow fuselage, it is believed to be the only intact example of the Dornier.

"It has been lifted and is now safely on the barge and in one piece," said Ajay Srivastava, a spokesman for the RAF Museum, which led the salvage operation.

The museum had been trying to raise the relic for a few weeks, but the operation was delayed by strong winds. In 2008, divers discovered the aircraft submerged in 15 metres of water. Experts say the bomber is remarkably undamaged.

The Dornier was a mainstay of German bomber fleets during the Battle of Britain in 1940. The wreck is believed to have been shot down on Aug. 26 of that year at the height of the battle.

Museum officials plan to conserve the plane and put it on exhibition next to the wreck of a British Hawker Hurricane fighter aircraft that also was shot down during the battle.

THE ASSOCIATED PRESS

Social-media crackdown

Kuwaiti woman jailed for 'insulting' emir tweets

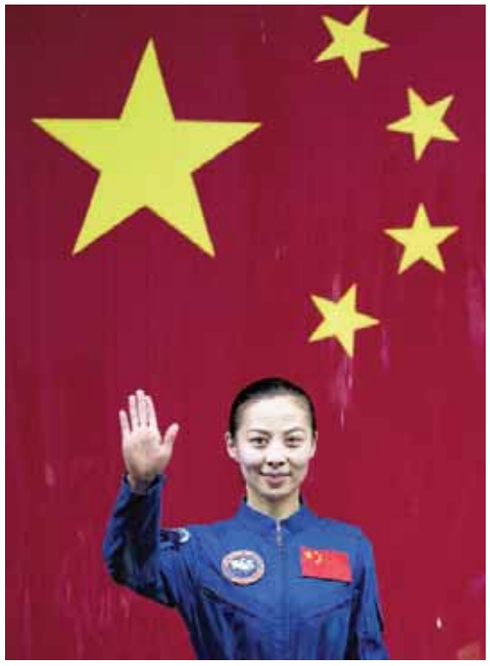
A woman in Kuwait has been sentenced to 11 years in prison after convictions that include insulting the Gulf nation's ruler and encouraging his overthrow, opposition groups say.

Monday's court decision is among the harshest punishments given in the Gulf region as authorities increasingly crack down on perceived dissent on social media. Dozens of people across the Western-backed Gulf states have been sent to jail for Twitter and blog posts in the past year.

Opposition groups in Kuwait say Huda al-Ajmi faced three charges that included insulting the emir, which brought a one-year sentence. Five-year prison terms were given for allegedly calling for coup-style rebellion and violating laws on public discussions.

Kuwaiti media, including the pro-government Al Watan newspaper, also reported the sentencing.

THE ASSOCIATED PRESS



China shoots for the stars

Astronaut Wang Yaping greets the press on Monday at the Jiuquan satellite launch centre near Jiuquan, Gansu province, in western China. Three Chinese astronauts will take flight this week — on Tuesday if weather permits — aboard a Shenzhou spacecraft to dock with China's Tiangong 1 space lab. On the heels of Canadian astronaut Chris Hadfield's wildly popular YouTube videos from the International Space Station, the Chinese crew will deliver a series of talks to students from aboard the Tiangong. China is marking a decade of human space flight. ANDY WONG/THE ASSOCIATED PRESS

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Fire bombings

No proof of hate crime in resto fires, police say

Montreal police say they haven't managed to link a series of weekend fires at kosher restaurants and a private home.

A spokesman for the police service says there wasn't one single modus operandi in the three attacks in three days — two of which targeted kosher restaurants and one a private home in a predominantly Jewish neighbourhood.

Spokesman Simon Delorme says they haven't found evidence the attacks were aimed at any one community in particular.

About 30 people were inside Chops Resto Bar after midnight Sunday when a Molotov cocktail was thrown through the window. No one was injured and the suspects ran away. THE CANADIAN PRESS

Search and rescue

DND ignored report until taken to task by auditor

The Canadian air force was told well over a year before being rapped on the knuckles by the auditor general that varying its hours of search-and-rescue operations would mean significantly improved response times.

The Defence Research and Development Canada analysis says tinkering with the schedule would give joint rescue centres more leverage "to save lives without increasing" the staffing levels of air force units.

Despite the conclusion of the March 2012 report, the recommendation gathered dust until the military was taken to task in April by the auditor general, who found the rescue system is close to the "breaking point." THE CANADIAN PRESS

Canadian astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., on Monday, where he announced his plans to retire from the Canadian Space Agency. PAUL CHIASSON/THE CANADIAN PRESS

Astronaut to keep his feet firmly on Earth

Canadian Space Agency. Chris Hadfield announces retirement, looks forward to 'the next phase of life'

Chris Hadfield has announced he's retiring from the space program and moving back to Canada after decades away from home.

The famous astronaut announced Monday that he is leaving the Canadian Space Agency next month, and will also be leaving behind his longtime home of Houston, Texas, where he built his career as an astronaut.

"(I'll be) making good on a promise I made my wife nearly 30 years ago — that yes, eventually, we would be moving back to Canada," Hadfield said during a news conference at the Canadian agency's headquarters, near Montreal.

"I'm looking forward to the next phase of life."

He said he's ready to pursue private interests, outside government.

Hadfield said he hasn't decided what he will do next, but plans to do presentations on space while reflecting over the coming year on his next move.

Hadfield gained international prominence during his recent six-month trip to the International Space Station, where he used social media to share experiments, photographs and even a memorable music video. THE CANADIAN PRESS

Nuclear liability. Feds propose raising cap to $1B from $75M

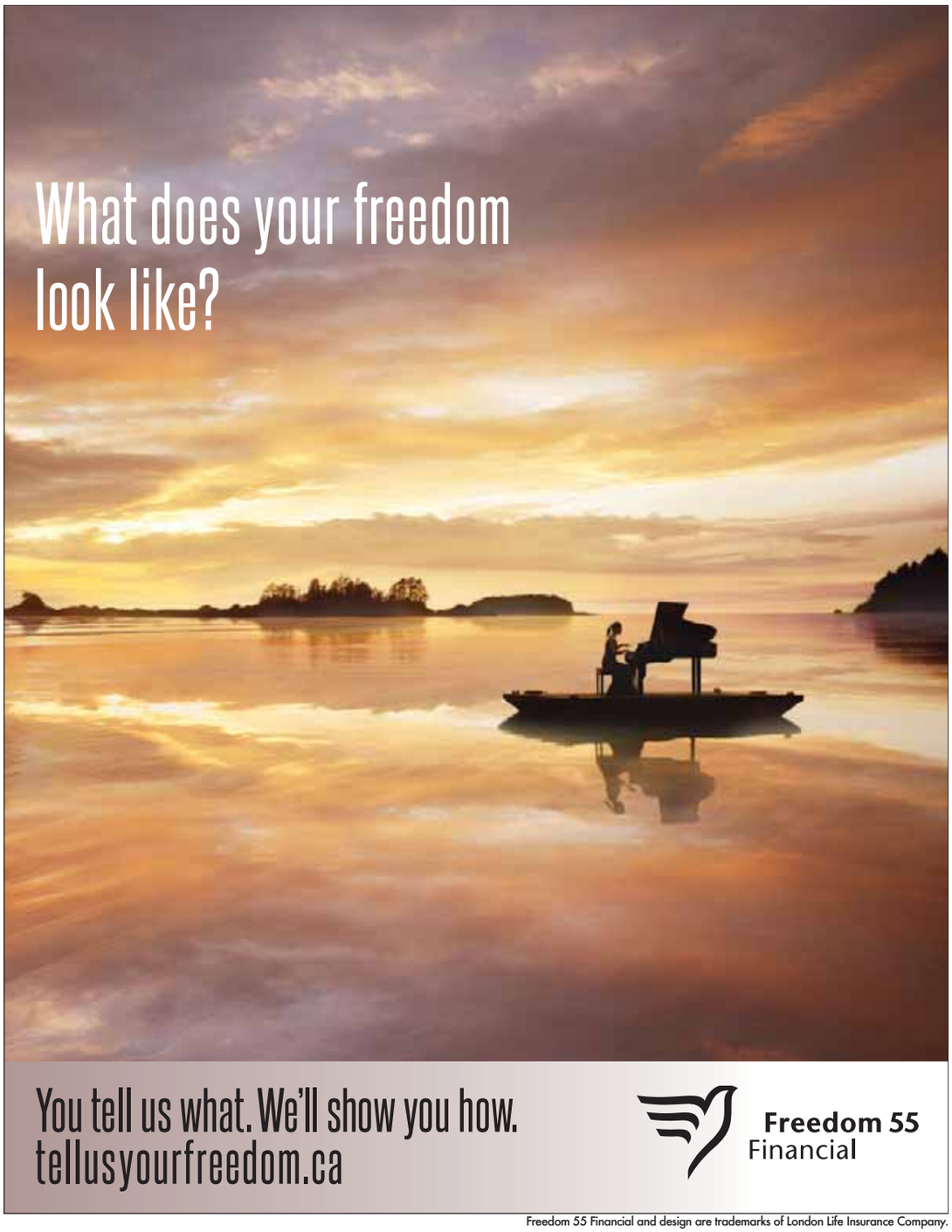
Nuclear operators will face a liability ceiling of $1 billion, up from the current $75 million that has stood for four decades, under proposed new federal legislation.

The change is expected next fall when Parliament resumes following the summer break, Natural Resources Minister Joe Oliver told a nuclear conference on Monday.

Nuclear operators will still be exclusively liable for nuclear damage, with no need to prove fault.

Canada also plans to join the International Atomic Energy Agency's convention on supplementary compensation for nuclear damage, which would add another $450 million to the compensation pool by drawing on additional funds from member countries, said Oliver.

Environmentalists want unlimited liability, but nuclear proponents say that would encourage a company involved in an accident to declare bankruptcy and walk away, leaving governments on the hook. THE CANADIAN PRESS



Freedom 55 Financial and design are trademarks of London Life Insurance Company.

Teenage girls prepare a beer bong prior to a concert in this file photo. An editorial in the Canadian Medical Association Journal says alcohol advertising aimed at young women is more likely to be viewed by young girls. GETTY IMAGES FILE

Alcohol ads influencing teen girls, medical journal says

Risks of drinking. Health warnings should be put in ads, editorial argues

A medical journal is raising concerns about alcohol advertising, saying young girls are being influenced by the ads.

The editorial in this week's issue of the Canadian Medical Association Journal says health warnings should be embedded in alcohol ads, so that young girls understand the risks of drinking.

The author, Dr. Ken Flegel, says parents should also model responsible alcohol consumption for their children.

The editorial says studies from the U.S. show that alcohol advertising aimed at young women is being viewed more commonly by young girls. The studies also show that increased exposure to alcohol advertising is linked to an increase in drinking in adolescents.

THE CANADIAN PRESS

Unhappy shareholders. Walmart vote tally shows dissent against executives

Walmart's final shareholder vote for its board of directors showed another year of dissent against key executives and directors, including its CEO Mike Duke, as the company deals with the fallout from overseas bribery allegations.

All of the 14 firm's nominees were re-elected at the annual shareholders' meeting Friday. But the dissent against leaders shows how the company continues to be distracted by concerns about its handling of bribery allegations that surfaced last year at its Mexican unit.

The company also is being pressured to increase its oversight of factories abroad following a building collapse in April in Bangladesh that killed more than 1,100 garment workers. Walmart wasn't using any of the factories in the building at the time of the collapse, but it is the second-largest retail buyer of clothing in Bangladesh.

According to results released Monday, 12.1 per cent of the 3.29 billion shares were voted against re-election of Duke to the company's board.

THE ASSOCIATED PRESS

Walmart CEO Mike Duke speaks at a company shareholders' meeting in Fayetteville, Ark., on June 7. GARETH PATTERSON/THE ASSOCIATED PRESS

Transition

Lululemon starts search for new CEO

Lululemon Athletica Inc. says it will begin looking for a new leader as chief executive Christine Day announced she is leaving the company. Day, who offered little explanation for her departure, said she will remain with the retailer while the board searches for a new CEO. This year, Lululemon had to pull its black Luon yoga pants from store shelves for being too sheer. THE CANADIAN PRESS

Market Minute

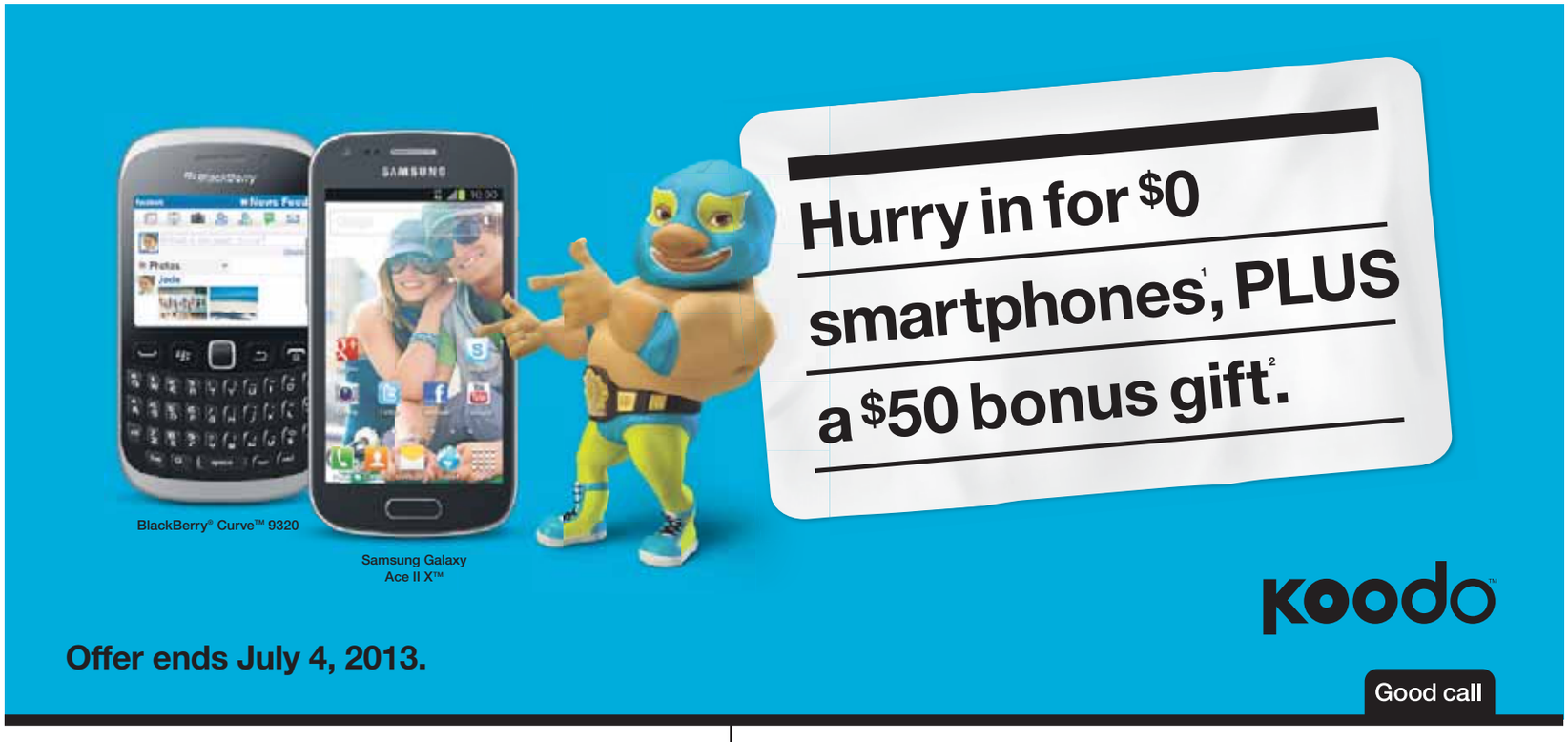
DOLLAR 98.14¢ (+0.08¢)

TSX 12,382.67 (+9.37)

OIL $95.77 US (-26¢)

GOLD $1,386 US (+$3)

Natural gas: $3.80 US (-3¢)
Dow Jones: 15,238.59 (-9.53)


BlackBerry® Curve™ 9320
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Belleville
Quinte Mall

Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

WHY THE #@$% CAN'T I SWEAR?

SHE SAYS

Jessica Napier
metronews.ca

Last Sunday, like every Sunday before that, my boyfriend and I went for brunch. Halfway through our meal, a neighbouring diner interrupted our conversation to reprimand us for using foul language in close proximity to his daughter who looked to be about 11-years-old and had surely heard these common curse words before.

I hadn't even been conscious of the tone of our discussion up until that point. We weren't cussing like a couple of drunken sailors; we'd perhaps let a few relatively harmless obscenities slip into our casual conversation about bedroom furniture.

Even though we both agreed the overreacting dad was being unreasonable, I glared at my boyfriend to encourage him to let it go — because it would have been even more uncivilized to get into a full-blown confrontation over our $18 eggs benedict.

After we left the restaurant we got into a discussion about parenting and whether or not we should feel obligated to watch our mouths around other people's offspring. I know there are certain times when conversations shouldn't steer into R-rated territory, but this wasn't one of those situations. It was 1:30 in the afternoon and the table next to us was enjoying their third round of mimosas; it wasn't exactly Chuck E. Cheese's.

Swearwords are usually employed out of laziness. There's almost always a more eloquent and imaginative way to get your point across, but sometimes we can't help ourselves. If you've ever stubbed your toe or gotten a parking ticket two minutes after your time expired you'd be forgiven for letting out a reactionary expletive. My parents were never the type to wash my mouth out with soap (perhaps that's obvious at this point) so I've never thought it was all that taboo to pepper conversations with emphatic vulgarities from time to time.

Like all forms of language, obscenities are cultural constructs that have a tendency to evolve over time. I don't deny that using profanity can be derogatory and offensive at times, but it's important to remember that there's nothing inherently evil about a collection of arbitrary syllables. It's not the words themselves that are immoral; it's how we use swearwords that give them their power to offend.

So while running a foul mouth in public might be in poor taste, I have to wonder if it's really all that damaging for young ones to overhear the F-word while enjoying a plate of French toast. I respect everyone's right to make their own parenting decisions, but it's a bit futile to try and shield your children entirely from the colourful language of everyday life in a big city.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Duck's swan song in Hong Kong

IMAGINECHINA/REX FEATURES

Famous rubber duck leaves town

Thousands turned out to bid farewell to a giant inflatable rubber duck that has captivated Hong Kong.

The southern Chinese city has taken the 16.5-metre duck, created by Dutch artist Florentijn Hofman, to its heart since it arrived at the beginning of May. The duck is now headed to Pittsburgh.

Hong Kong has been in the grip of duck mania for the 40 or so days the rubber duck was docked at the harbour. Stalls and shops sold merchandise ranging from T-shirts to duck tote bags. Restaurants created special duck dishes.

"I hope that it can bring happiness to the people in the different countries it visits," said 30-year-old Hong Kong resident Sam Tsang. METRO

Quoted

"The friendly, floating rubber duck has healing properties: It can relieve tensions as well as define them. The rubber duck is soft, friendly and suitable for all ages!"

Florentijin Hofman
Dutch conceptual artist

Florentijin Hofman's floating duck sculpture arrived in Hong Kong's Victoria Harbour with much fanfare on May 2. GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

GETTY IMAGES

The pending launch of the Xbox One and the PS4 have made the annual video game frenzy of E3 a little frothier than usual. Follow these sites for the goods on all the reveals, previews and cynical snark as it happens.

Polygon:
One of the Internet's slickest sites is happily backed up by a talented group of clever writers, many of whom have joined the E3 swarm in Los Angeles. (polygon.com)

The Escapist:
An all-purpose entertainment and culture site, Escapist is also the soapbox for curmudgeons like Jim Stirling who can always be depended on to gleefully skewer the plentiful marketing speak. (escapistmagazine.com)

Joystiq :
AOL's top gaming portal has been around forever, and sometimes that age shows. But if you're looking for a robust roundup of the day's events you can absorb with a glance, Joystiq is about as reliable as it gets. (joystiq.com)

Twitter

@metropicks asked: It was reported NSA collects data from your web activity and cell use. Why do or don't you care?

@PetRideHalifax: well, since 99% of what I do is to promote my business I really don't care what NSA does. Hopefully they retweet!

@laurafabulous: they can look at all the redtube videos I've watched and read all my sexts. I'm not ashamed!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Joan and Melissa Rivers continue to sound off on fashion faux pas on their show Fashion Police. THE ASSOCIATED PRESS

Joan Rivers turns 80, plans to work 'forever'

No fashion fogey. Show biz veteran talks about her decision to do Fashion Police and the snark that keeps her young

"I'm having a great time," Joan Rivers crows before offering a brisk self-appraisal: "Everything is working; my mind is fine.

"The only time I play the age card is on planes when I'm trying to put a bag above the seat: 'I am 80 years old! Would someone PLEASE help me?!'"

Actually, she only turned 80 on Saturday, a milestone that has prompted the E! network to stage a Joan Rivers "takeover." Its regular one-hour edition of Fashion Police (airing Friday at 10 p.m. EDT) will be a black-tie birthday salute, preceded nightly through Thursday by special half-hours (at 10:30 p.m. EDT) featuring guest appearances by celebrities and even victims of past fashion slams.

This means frequent-flier Rivers would soon be back on a plane for Los Angeles to tape this five-day marathon while she marvels at the success of Fashion Police, which, since premiering three years ago has only tightened its grip in entertainment culture as a wicked hybrid of style and snark.

Rivers is well-served by her co-hosts Giuliana Rancic, Kelly Osbourne and George Kotsiopoulos, all of whom can deliver shrewd analysis as well as piercing gibes at red-carpet infractions.

But Fashion Police is perfectly tailored to the comedic skills of Rivers, as demonstrated by her 46-years-and-counting in show biz.

Hear her hail Uma Thurman, sheathed in Versace at the Cannes Film Festival: "This gown is so feminine, so silver — it's the Anderson Cooper of dresses!"

Hear her skewer a baggy, dizzyingly hued Alexander McQueen jumpsuit worn by actress Marion Cotillard at a Crash Magazine party: "The pattern looks like Precious sat on somebody's butterfly collection."

Sure, it's Police brutality, but Rivers and her "Joan Rangers" are never less than arresting.

At first, Rivers resisted the urge to do the show.

"I remember, I was in Vegas on a treadmill — cause you STILL try! — saying to my agent and (daughter) Melissa, 'cause Melissa's exec-producing, 'You're crazy! I'm not gonna do this! I'm not gonna commute!'"

Her mind was changed.

"We do the jokes, and we tell the truth, too," Rivers sums up proudly. "E! told me, 'Whatever you want to say, you say.' We're having so much fun! And our lawyers are so dear."

How long does she plan to keep working?

"Forever," says Rivers. This time, she's not joking.

THE ASSOCIATED PRESS

Comedy

This is the End

Directors. Seth Rogen and Evan Goldberg

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

The cast of the films of Rogen and Goldberg's past find themselves stuck in Franco's fortified Hollywood mansion during the rapture. The actors, forsaken by God, find themselves with a respectable stash of food, booze, drugs and porno mags to help pass the time as they hide out from Satan. But as time goes by, the food and water dwindles and the friends begin to turn on each other. Beased on a short from 2007 called Jay and Seth vs. The Apocalypse, Rogen and Goldberg have cobbled together a comic gem in This is the End. There's plenty of cameos from some of Hollywood's biggest names, all who seem intent on one-upping each other in the self-deprecation department. And while the last few Rogen-backed comedies have felt a bit stale, this one is as fresh and fun as Pineapple Express — complete with a camcorder-filmed Pineapple Express sequel.

LIZ BROWN

Time flies just like Counting Crows

August and Everything After 20-year milestone. Lead singer Adam Duritz reflects on his time in the band and highlights why independence is crucial in today's music industry

NED EHRBAR
Metro World News in Hollywood

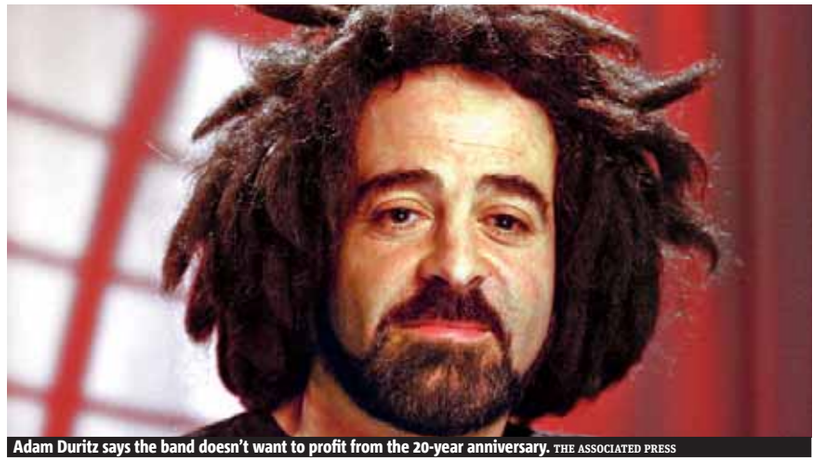
Fair warning: This will probably make you feel old. The Counting Crows' debut album, August and Everything After, was released 20 years ago. Crazy, right? The anniversary has also snuck up on Counting Crows frontman Adam Duritz, who says there are no plans to cash in on the milestone. Instead, the band is looking forward, embarking on a summer tour across the U.S. with fellow '90s stalwarts the Wallflowers. Duritz took some time out to talk to Metro about looking back on those 20 years.

I can't believe it's been 20 years since August and Everything After came out.
For me it doesn't really seem like that either. I would probably not think about it being 20 years at all except that people keep saying it to me. I don't really look at it any differently than I do the other albums. It happened to sell a lot more, but that didn't have much to do with me. The job that we were going to do on the album was done long before anybody bought 10 million copies of it.

What sticks out in your memory of making that album?
It was a difficult album to make. It's sort of where I took over the band, and because I was lame at being a band leader back then, that made it hard on the other guys — because I didn't take over the band in the best way, and that made life really hard on everyone while we were making that record. Since then we've done a lot of years on buses and a lot of tours and made a lot of records I really love.

Any plans to celebrate the anniversary?
I'm waiting for something more significant, some sort of trumpet fanfare to make me realize it's been 20 years since that record came out. That really hasn't happened, partially because we didn't do anything to mark it. We did a deluxe album years ago and we did the live album, which was just all of August and Everything After played live, a couple of years ago, so there isn't really anything left to do other than make another 20-year release to get people's money for it. But we're not going to do that. There isn't any good reason to.

You guys were early adopters in using social media to connect with your fans.
I remember right when I moved to Los Angeles after we finished touring on August and Everything After — like 1995 — I realized at some point in there that AOL had forums for all these different bands, like message boards, and there were people on there on the Counting Crows board just talking about our music. So I went on it and told people who I was — it took a little while to convince people — and my thought was, here's a way to talk directly to your fan base. You don't have to go through radio, you don't have to go through print. I mean, all of those are useful, but it's kind of useful to be able to go yourself, too. I mean, it was social media in a way before there was social media. It never hurts to be able to go directly to people. It's necessary now, especially if you're going to be independent.


Adam Duritz says the band doesn't want to profit from the 20-year anniversary. THE ASSOCIATED PRESS

You've been pretty independent for a while. Considering the landscape of the music industry, could you ever see yourself going back to a big label?
I want to work with people who simply have a good business model, and the record companies' business model is not particularly good. They still can only think about selling things through radio and making really expensive videos and that's about it. Those things are all great, but there's more to it than that. And also, they want to give you 10 per cent and take 90, which I'm sorry that just doesn't seem smart to me.

Meet Jeannette Walls

The author of the best-selling memoir,
The Glass Castle discusses her new novel

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Will Smith. ALL PHOTOS GETTY IMAGES

Will there be life after Earth?

Will Smith is doing his best to laugh off the disappointing box office performance of his latest film, After Earth, which opened in third place its first weekend before dropping to No. 7 its second. "Now let's be honest. Three is the new one," he jokes during an interview with Jimmy Kimmel. "Do you know how many ones it takes to make a three?" On a more serious note, Smith admits the news was hard to take that opening weekend. "Oh man, that was tragic," he says. "It's been almost two decades since I had a movie that wasn't No. 1."

The Word

Go to heel: Sarah gets her foot in the shoe biz door

THE WORD
Dorothy Robinson
scene@metronews.ca

Watch out Ivanka Trump, Rachel Bilson, Halle Berry, Fergie, Jessica Simpson, Santana and the seemingly endless list of celebrities who have a shoe line — Sarah Jessica Parker is stepping into the business.

The actress, who famously portrayed the shoe-obsessed Carrie Bradshaw in Sex and the City, is launching her own line of footwear, trenches and purses called SJP. The line will be available next year at Nordstrom. According to Vogue, she is teaming up with George Malkemus, the longtime CEO at Manolo Blahnik for the line, because she is basically going to milk the character of Carrie Bradshaw until there isn't a drop left.

Amanda Bynes

Is an Amanda Bynes rap album in our future?

At least someone is taking Amanda Bynes' claims that she should make a rap album seriously, as Daniel Herman of Chinga Chang Records says he has offered the troubled starlet a deal. "I cleared the project with the Orchard and Sony Entertainment, and they gave me the green light to go ahead," Herman tells Radar Online. "The fact that Amanda wants to do hip hop music means that Chinga Chang is the best place for her to do this." Herman, who has "reached out to Amanda's attorneys to negotiate the deal," is already looking to get her first hip hop feud up and running: "I think she's more gangster than Drake," he says.

Justin Bieber

You won't find him in da club

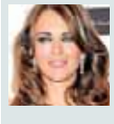
Sometimes it's not so easy for Justin Bieber to have a good time. The Canadian pop star was refused entry at Lure nightclub in Hollywood this weekend, according to E! News. "Someone from Justin's team had come earlier in the day and told the club that he would be showing up. The club told him they wouldn't let him in because he's not 21," a source says. "Bieber came anyway and tried to sneak in through a back door." But his plan was no match for a well-intentioned shout-out from rapper the Game: "The Game was on the mic at this point and saw Bieber trying to get in and shouted that Bieber was on his way inside," the source explains. "That's when security saw him and escorted him out immediately. He left right away. He seemed really embarrassed."

Prince Harry moonlights as Prince Charming

Prince Harry is living up to his title, at least according to one fellow soldier who claims the young Royal came to his defence after receiving threats from other soldiers over his sexuality. Lance Corporal James Wharton writes in his new memoir, Out in the Army, about an incident during training in Canada in 2008 when six other men threatened to attack him. "I told him: 'I think I'm about to be murdered by the infantry,'" Wharton recalls. "He had a complete look of bewilderment on his face. I didn't hold back: I told him everything that had gone on. I couldn't stop the tears from welling up in my eyes. He said, 'Right. I'm going to sort this s— out once and for all.' Harry climbed out of the tank and started having a go. I worried he was about to make the whole thing worse, but he wasn't holding back. Prince Harry was sticking up for me and putting a stop to the trouble. I had been on track for a battering and had been rescued."

Twitter

@JuddApatow
I can ruin a full day of healthy eating and exercise in the thirty seconds right before my face hits the pillow.



@ElizabethHurley
On way to Moscow. Two hours sleep. zzzzzz on flight.

@pattonoswalt
The way I feel about TV on Sunday is the way I used to feel about movies on Friday. TV is better than movies now. Accept it and drive on.

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Hold your breath and dive in, it's yoga for you swimmers

Summer trend. Glide your way through the water with this yoga sequence dedicated to swimmers

ROMINA McGUINNESS
life@metronews.ca

Are you into looking good at the pool? You'll need more than a hot swimsuit.

"If you want to improve your swimming technique and stamina, all you're going to need is a flexible spine, a strong core and lung capacity," says Sophie Lewis, yoga teacher at London's Triyoga Studio and personal trainer to elite triathletes. "A regular yoga practice will help develop all these things and enable you to move more effectively through any medium — water or air."

Here's how:

It strengthens your core, helping you push forward more powerfully in the water.

"If you just rely on your shoulder or your upper arm strength, you're going to fatigue very quickly," says Lewis.

"But if you find your strength from your centre, that's a much better platform for stamina and you'll be able to keep going for long periods of time. Just imagine you're swimming in a smartie tube and you want to contain everything into that tube. Drawing your navel centre in and getting the power to push out from your core really helps," she explains.

She gets a 10 out of 10 for effort. WSPORTS CONCEPTS

It deepens and lengthens breath

"As a swimmer, you want to increase your lung capacity. But once you hit the cold water, the tendency is to panic," says Lewis.

"Breath becomes shallow and doesn't go all the way down to the belly. Alternate nostril breathing maximizes the flow of breath through both nostrils equally.

"This is good preparation for bilateral breathing (lifting the head alternately right then left out of the water to breath) and a vital warm up for the lungs."

Get started

Sophie Lewis' pre-pool warm up

"To warm up the shoulder girdle and prepare the body for the swimming action, get into revolved triangle. Then circle the raised arm, reaching forward alongside your face to open the side flank (the fleshy part of the side between the ribs and the hip). Let your arm fall in front of your chest, circling it back to the hip and up to sky."

Puppy Dog

Start on all fours with your knees hip-width apart and hands shoulder-width apart. Stack your hips above your knees and walk your arms out in front of you. Hug the upper outer arms in and press into your palms.

Cow face arms with strap

Begin seated, with both knees bent and both feet flat on the floor. Lower your right knee, then drag your right foot under your left knee and next to your left hip. Lay your left leg on top of your right leg and put your left foot by your right hip so your legs mirror one another. Reach your left arm straight up and drop your right arm down. Bend both elbows, swinging the right hand up your spine until you can clasp your hands behind your back. Use a strap if you cannot reach your other hand.

Half moon with a block

Start with legs a few feet apart, one in front of the other. Gaze downward and bend your front knee as you extend your front arm, bringing your fingertips to rest on the front of your toes. Lift your rear leg up until it is parallel with the floor. Straighten your front leg and draw your left glute inward to open your hips. Lift your top arm straight up and stack your shoulders. Move your gaze upward to further challenge your balance. Repeat on the opposite side.

Want to talk to someone about gambling problems?

Ontario Problem Gambling Helpline 1-888-230-3505

www.ProblemGamblingHelpline.ca

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Be a look-good, feel-good mom

Prenatal yoga. Just because you're a mom-to-be doesn't mean you have to slow down your healthy, workout lifestyle

ALISON BOWEN
Metro World News

Embrace your baby bump. ISTOCK PHOTO

After advising countless pregnant clients, Kristin McGee is now able to take her own advice.

The celebrity trainer is expecting her first baby in July, and she is keeping fit to feel healthy throughout her own pregnancy.

"Don't be afraid to be a sexy mom," she advises moms-to-be. "Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Prenatal yoga has helped, she says — it's specifically structured with poses that fight the discomforts of pregnancy and highlight relaxation and breathing exercises to cut stress. But avoid deep twists like a seated spinal twist, she cautions.

In her first trimester, yoga helped ease her nausea, and in the second she slept better, she says, another perk she attributes to yoga.

McGee gave Metro three tips on keeping healthy during pregnancy.

She's certified in yoga and pilates, but even if you don't — or can't — regularly hit the gym, these tips will keep you feeling your best.

Keep moving.

"You may feel tired, nauseous, low energy throughout your pregnancy, but I promise moving even just in small amounts helps beat fatigue, combat nausea and boost energy."

Do some yoga

Don't burn the tank tops

"Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Kristin McGee
Celebrity trainer

"I've continued my practice, and I swear it's helped me not only feel better physically but also mentally. It's also helped me really bond with my body as it changes and my baby as he grows inside of me."

Drink lots and lots of water. Lots.

"This one is hard because the trips to the bathroom become more and more frequent, but it's super important to stay hydrated. Get some naturally flavoured waters like Hint or make a big pitcher and add lemons, oranges, cucumbers and berries to it. I drink a lot of caffeine-free teas that are safe during pregnancy and put them on ice as well. Also, coconut water is very hydrating and helpful."

I wanted to let you know I have not even finished my first bottle of Menopause and already I have had amazing results. After about two weeks I saw a decrease in hot flashes and now in the final week of my bottle I have had a great reduction in the number and severity of the hot flash. I cannot thank you enough for this product.

Kerry Baker, BC

This product is a miracle!! I have been experiencing interrupted sleep for years due to peri-menopause. After only 1 week I am sawing logs. THANK-YOU!

Merci, Pam

When I started taking Menopause I was having 15-20 hot flashes per day and within two weeks they were reduced to two during the night and maybe two during the day. Your product is amazing and taking only one a day is very convenient. Thanks for making my menopausal days that much easier.

Diane Lindsay, Picton, ON

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Just a teaspoon full of orange rind helps the stir-fry to wow

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This great tasting Orange and Pineapple Chicken Stir-fry can be prepped early in the day.

Add a teaspoon of grated orange rind to the sauce for extra flavour.

1. Cook noodles in boiling water according to package instructions or until firm to bite. Drain and place in serving bow.

2. In nonstick skillet sprayed with vegetable spray, sauté chicken just until it is browned but not cooked through. Remove chicken and set aside.

3. Sauce: In bowl combine sugar, stock, orange juice, cornstarch, soya sauce, sesame oil, garlic and ginger. Mix. Set aside.

4. In skillet, heat oil; sauté asparagus and red peppers just until barely tender, approximately 2 minutes. Add corn, water chestnuts, pineapple pieces, sauce and chicken. Cook just until chicken is no longer pink and sauce has thickened slightly, approximately 2 minutes, stirring constantly. Add mandarin oranges. Pour over pasta and toss. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Ingredients

- 10 oz whole wheat lsoba noodles
- 10 oz skinless, boneless chicken breast, thinly sliced

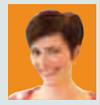
Sauce

- 3 tbsp brown sugar
- 1 cup chicken stock
- 1/3 cup orange juice
- 1 1/2 tbsp cornstarch
- 2 tbsp soya sauce
- 2 tbsp sesame oil
- 1 1/2 tsp each crushed garlic and ginger root

- 2 tsp vegetable oil
- 1 1/2 cups chopped asparagus
- 1 cup sliced red peppers
- 1 cup chopped baby corn
- 3/4 cup sliced water chest nuts
- 1 cup pineapple pieces
- 3/4 cup mandarin oranges

Health Solutions

Marinade for protection



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

A marinade does more for your meat than just add flavour. It is also protecting you from carcinogens created when you grill meat. Those blackened marks contain taste but there are also cancer causing agents at play, namely heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). With barbecue season fully upon us, you'll want to know how to protect yourself.

- Marinating meat for merely a minute helps create a protective layer that reduces the protein damage
- Your marinade must contain an acid, like vinegar, and some spices
- Reducing the temperature and preventing charring helps
- Choosing chicken and fish over red meat reduces risk
- Trim as much fat as possible from all meats. The drips and flares make matters worse
- Dry rubs can be mixed with a little bit of vinegar to create the same effect

Classic Marinade Formula

- 1/2 cup oil (grapeseed or canola)
- 1/3 cup fresh citrus juice (lime, lemon, orange)
- 1/8 cup vinegar (various flavours)
- 1-3 tsp dried herbs or spices
- 1-2 tbsp minced shallot, onion, garlic, ginger or any combination of all
- 1 tsp sea salt
- Fresh ground pepper, to taste

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Follow the bride's request

She won't be upset if she doesn't have a bachelorette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
When my best friend asked me to be her maid of honour at her wedding, she pointedly stated that she did not want nor did she expect to have a bachelorette party. She told me that she had been to such parties in the past (complete with male strippers and nearly invisible lingerie) that have turned her off of the whole affair. She mentioned a few months later that she and her husband-to-be wanted to organize a Jack and Jill type celebration for the wedding party. She has never been the type to say one thing and expect another.
Nevertheless, my co-workers insist that I am obligated to organize a separate celebration just for the girls or else I will forever regret not giving her that special moment.
What do I do?
Thank you, Michelle

Dear Michelle,
I am confident that I would absolutely follow the bride's request.

Personally I have never been one to agree with nor enjoy surprise parties and I think that putting people on the spot is not an enjoyable way to start an evening.

First and foremost you are not obligated to organize anything the bride has asked you not to do.

Now if you want, you can always suggest a low-key party, like afternoon tea or drinks and dinner at a restaurant.

That way, the bride will be able to celebrate with the girls in a way that doesn't make her uncomfortable. After all, you don't need strippers and nearly invisible lingerie to have a good time. Stick to your gut feelings as it appears you are on the right track!

The wedding dress whisperer

Bride comes first.
Randy Fenoli is on a mission to make every girl's dream day a reality

MEREDITH ENGEL
Metro World News in New York City

Randy Fenoli of Say Yes to the Dress and Randy to the Rescue (which just began its second season and airs Fridays on TLC) estimates that he's helped about one million brides get ready for their big day.

But being a bride's advocate never wears on the marriage maestro: "I never get tired of it," he tells us.

His dedication means that since not everyone can make it to NYC's Kleinfeld, where Fenoli consults, he takes his show on the road — literally. On Randy to the Rescue, Fenoli travels around the U.S., creating pop-up bridal salons for the betrothed and then giving them makeovers.

Legions of brides turn to Fenoli for his advice, and after speaking with him, we've come up with some reasons as to why we think that is:

He'll fight for his bride:
"I absolutely will not compromise. We were in one city working with a bridal salon and this girl came in. She showed me a picture of this dress that she had tried on, like, six states away, and she fell in love with the dress, but she was like, 'Well, I can't get this today.' You could tell this girl was in love with this dress. And the cameras are on her and the family's there, and finally she said yes to a dress. But when I walked off the set, I was like, 'I'm sorry, that is not her dress. She is not happy.' So I woke up the next morning and called every single bridal salon in, like, a three-hour radius and found the dress."

He doesn't believe in bridezillas:
"Brides want everything to be perfect, and it should be! ... I would want it to be perfect, too. You're spending how much money? You've waited how many years? You've invited how many people, we're taking how many pictures, and how many people are watching? It should be right."

Randy Fenoli fights for the brides he works with. HANDOUT

He goes beyond the dress:
"Brides come in and show their consultant a photograph. Most consultants take it literally and are like, 'OK, that's the dress you want.' I don't just look at the dress. I look at the girl in the dress and I look at the feeling (the picture evokes)."

MAXIMIZE YOUR FERTILITY

MANY WAYS TO IMPROVE CHANCES OF PREGNANCY

According to 2012 Statistics Canada data, up to 16 per cent of heterosexual couples in which the woman is between 18 and 44 years of age are experiencing infertility — that's almost double since infertility was last measured in Canada in 1992.

Not surprisingly, the older the woman, the higher the prevalence of infertility. Yet difficulty conceiving is also rising among younger women, the study found. In 1984, about five per cent of couples with a female partner between 18 and 29 were infertile. By 2009-10, the prevalence for that age group ranged from seven to 13.7 per cent.

"The good news is that women and men can do many things to maximize their fertility," says Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health.

Here are six :

KNOW THAT AGE IS A FACTOR

There are many reasons why a woman might not try to get pregnant in her fertile 20s — perhaps her financial situation isn't stable or she hasn't met her partner yet. "We can't change our age, but it's important to be aware that fertility starts declining when a woman is in her mid-30s," Liu says.

TAKE FOLIC ACID

To prevent neural tube defects such as spina bifida in their baby, women should start taking 0.4 to one milligram of daily folic acid supplements two to three months before she plans to get pregnant and continue while pregnant.

QUIT SMOKING AND DRINKING

These habits affect the fertility of both women and men. "No smoking and drinking at all is advisable for optimal fertility," Liu says.

EAT PROPERLY AND EXERCISE

Having a healthy diet and being fit will help conception. "Being underweight or overweight can negatively affect fertility," Liu says.

GET LUCKY THREE TIMES A WEEK

It's more important to have regular sex than try to chart ovulation. "Sperm can stay in a women's system for up to five days," Liu says. "So if a couple has sex three times a week, a steady supply of sperm will be present."

STOP USING LUBRICANTS

They can affect motility, which is the ability of sperm to move properly toward an egg. Mineral oil and canola oil are "sperm-friendly" natural lubricants.

– Jane Doucet

MONKEY BUSINESS IMAGES/VEER

HOW A COMMON MYTH IS BORN

SEPARATING FACT FROM FICTION FOR MAKING A BABY

There are so many misconceptions about getting pregnant that it's surprising that anyone actually does. For some couples, it's an easier accomplishment than others.

According to Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health, separating fact from fiction will put you on the right path to making a baby.

Here are six common myths debunked:

1 Abstinence equals a better buildup of sperm. Some couples believe that if they only have sex once a month, the sperm will be "stored up" and they will have a better chance of conceiving. Not so. "Abstinence of more than 10 days leads to poor-quality sperm," Liu says. "It improves your chances of conceiving if you have sex about three times a week."

2 Ovulation occurs when a woman's temperature rises. In fact, basal body temperature rises (by a mere half-degree) after ovulation. The two best days to conceive are the day before and the day of ovulation. "If women wait for a rise in temperature to have sex, it's too late," Liu says.

3 Having sex on certain days will lead to a boy or girl. Believe it or not, some of Liu's patients think this is true. "There is no scientific evidence to support that."

4 Fertility problems occur only in women. Infertility affects both men and women. Men can experience low sperm count or poor sperm motility, while women could have a plethora of pregnancy-preventing conditions, such as a hormone imbalance, a cyst, fibroids or thyroid problems.

5 Healthy women in their 40s can conceive easily. While it's true that some can, many will have difficulty. "When you hear about celebrities in their mid- to late 40s who have had babies, you don't always get the full story on how they were able to conceive," Liu says. "It can give a false sense of how easy it is to get pregnant at that age."

6 It will be a cinch to a conceive again. Fertility problems can occur at any age, anytime, even if a woman has gotten pregnant easily in the past. "Many of my patients are in their 30s and had no trouble conceiving their first child," Liu says.

– Jane Doucet

GORNOSTAJ/VEER

HEALTHY MOMS LEAD TO HEALTHY BABIES

Do you love to work out, and are you also working on getting pregnant? Research reveals that women who exercise regularly and eat nutritious foods before they conceive have lower health risks for both themselves and their babies during their pregnancy.

What's more, according to The Society of Obstetricians and Gynaecologists of Canada (SOGC), women who are physically fit before they get pregnant report having fewer aches and pains and feel that they have more energy throughout their pregnancies.

The SOGC advises that pregnant women should aim for at least 30 minutes of moderate exercise (enough to make you sweat) five days a week. This will help prepare for the physical challenges of pregnancy and labour, and help maintain a healthy body mass index (BMI) during pregnancy.

If you were active for at least six months before you conceived, ask your doctor about whether it's OK for you to continue your sports or workouts safely. As you move further into your pregnancy and your body changes, you may feel mild aches and pains due to looser joints and shifting body weight. You may need to revise your fitness plan each trimester to reduce the risk of falls and limit high-impact activities.

If you weren't active previously, the SOGC advises that you "start low and go slow." Try regular brisk walking, swimming, strength training (make sure the program is tailored to pregnant women) or other low-impact activities that will strengthen your heart and lungs and tone your muscles. It's recommended that you wait until your second trimester to begin a program like this.

WONG SZE FEI/VEER

The R. Samuel McLaughlin Foundation Exercise and Pregnancy Laboratory at Western University in London, Ont., was established in 1989 to conduct research investigating the effects of exercise on the pregnant woman and her fetus.

Michelle Mottola, the lab's director, touts the benefits of exercising while pregnant on the lab's website at uwo.ca/fhs/EPL.

"What a mother eats and how active she is has a huge impact," she says. "Healthy mothers lead to healthy babies, which will then lead to healthy futures."

– Jane Doucet

PAY ATTENTION TO NUTRITION AND FITNESS

When Hollywood entertainer Jessica Simpson was pregnant with her first child, she admitted to eating lots of macaroni and cheese and buttered Pop Tarts. Indulging in those and other food cravings and not exercising led to a 60-pound weight gain before Simpson delivered daughter Maxwell in May 2012.

Simpson has proudly stated that she has only gained half that amount with her second pregnancy (she is due to deliver a boy soon). That's because, this time, she has paid attention to nutrition and fitness.

From a medical perspective, there are valid concerns about a woman who fails to properly nourish her pregnant body. Women of normal weight before getting pregnant are advised to put on between 25 to 35 pounds. Gaining more — or being overweight pre-pregnancy — can make moms more likely to develop gestational diabetes and to give birth to heavier babies who can be harder to deliver.

According to Health Canada, eating a healthy diet of lean protein, whole grains, fresh fruits and vegetables during pregnancy is one of the best things a woman can do for herself and her baby. It's important to keep in mind that the food mom eats is also baby's main source of nutrition.

Supplementing with folic acid, which helps lower the risk of neural tube defects, is also important. Although folic acid is found in some foods, women who are trying to conceive and those who have need a daily vitamin containing 400 micrograms (0.4 mg) of folic acid.

Eating well, combined with taking a daily prenatal multivitamin, can give a woman the nutrients she needs to support a healthy pregnancy.

– Jane Doucet

RECOMMENDATIONS

Health Canada offers these recommendations to ensure a healthy pregnancy:

- Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.
- Have at least 150 grams of cooked fish each week. Fish contains omega-3 fatty acids and other important nutrients for pregnancy.
- How much weight you should gain depends on your body mass index.

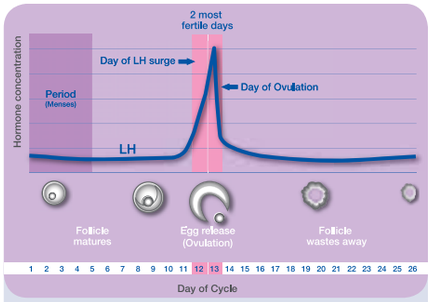
Advertisement

Is it time for a baby?

Maximize your chances by planning for success.

Nothing's more natural than getting pregnant – right? But nature can certainly take her time!

The fact is, there are only a few days each cycle – before and around ovulation – when you can actually get pregnant[1]. Since you're at your most fertile for just two of them, you need to know when those 2 days are. Yet 1 in 2 couples don't – and could be aiming for the wrong time altogether[2]. Which eventually makes trying for a baby more tiring than exciting.


2 most fertile days
Hormone concentration
Day of LH surge
Day of Ovulation
Period (Menses)
LH
Follicle matures
Egg release (Ovulation)
Follicle wastes away
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26
Day of Cycle

© 2011 SPD Swiss Precision Diagnostics GmbH. All rights reserved. Schematic of typical cycle.

As ovulation approaches there is a sudden rise in the level of Luteinising Hormone (LH) known as the LH surge. This is the key hormone that triggers ovulation and can be detected in urine. Ovulation occurs when the egg is released from the follicle into the Fallopian tube. This usually happens between the 12th and the 16th day before the next period starts. The follicle then collapses and wastes away. The day of the LH surge and the day after are the 2 most fertile days of the cycle.

So when the time is right, you'll want to give yourself the best chance of success. Fortunately, there are ways to find your fertile days – some more practical than others. You could test for changes in your basal body temperature. But since temperature only rises *after* ovulation, it's unlikely to predict fertile days in that cycle[3]. Instead, you'll need to chart it daily over several months – quite a lot of work and rather inaccurate, since every woman is unique and nearly half of all women's cycles vary by up to 7 days[4] anyway.

Luteinising hormone in your urine shows when your body is ready to release an egg.

Ovulation Tests are easier and more reliable. These identify your two most fertile days in advance, by identifying when the body is about to release an egg (or *ovulate*). And being simple urine tests that just take minutes, they're also completely natural and non-invasive.

The most effective is Clearblue Digital Ovulation Test[5], from the world's best selling brand in home pregnancy and fertility tests. It's over 99% accurate *and* the only one with easy-read Digital results – so no fuzzy lines to interpret.

Ideally, you start by recording your cycle on a calendar for one month (download one at **www.clearblue.com**). Once you know your usual cycle length, those quick daily urine tests couldn't be easier. You have seven in a pack and as soon as you get a 'smiley face', the rest is up to you and your partner!

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1 Wilcox AJ, Weinburg CR, and Baird DD. Timing of sexual intercourse in relation to ovulation. NEJM (1995) 333:1517-1521 **2** Data on file. How knowledgeable Are Women About Their Menstrual Cycle? (GfK Roper Public Affairs) **3** Stanford JB, White GL and Hatasaka H. Timing intercourse to achieve pregnancy: current evidence. ACOG (2002) 100(6):1333-1341 **4** Creinin MD, Keverline S, & Meyn LA. How regular is regular? An analysis of menstrual cycle regularity. Contraception (2004) 70: 289-292 **5** Data on file. In a study the unmistakably clear digital results gave the most accurate reading.

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BDS/VEER

TAKE RIGHT STEPS TO AVOID HIGH-RISK FOODS

Most pregnant women pay careful attention to their health during pregnancy by eating right, getting adequate rest and taking prenatal vitamins. But just as important is taking the right steps to protect yourself and your unborn baby from foodborne illness.

Pregnant women are at greater risk of getting sick from food that is improperly handled or cooked. This is because pregnancy weakens the immune system, making expectant mothers vulnerable to certain bacteria, viruses, and other harmful parasites.

Bacteria can also cross the placenta and infect an unborn baby, whose immune system is not yet developed enough to fight off harmful bacteria. Complications from foodborne illness can include premature labour, miscarriage, stillbirth, or a baby who is born severely ill.

Along with avoiding high-risk foods such as raw or unpasteurized dairy products, pasteurized soft cheeses and non-dried deli meats, four easy steps can help protect both you and your baby:

- Clean your hands, kitchen surfaces, cutting boards and reusable grocery bags frequently and thoroughly with warm soapy water. Wash raw food such as fruits and vegetables under cool water;
- Separate all raw foods — such as meat, poultry, fish and shellfish — from ready-to-eat foods to avoid cross-contamination;
- Cook meat, poultry and fish to a safe internal temperature verified by using a digital thermometer;
- Chill leftovers within two hours.

Health Canada has identified pregnant women as one of the four groups of people at greater risk for foodborne illness. The other three groups are children aged five and younger, people with a weakened immune system and adults aged 60 and older.

The website healthycanadians.gc.ca/foodsafety offers valuable information, advice and tips on how women can protect themselves from foodborne illness while pregnant. *– News Canada*

A 9K Walk for Pregnancy

Canadian Foundation for Women's Health

Life with a Baby
REAL PARENTS • REAL CHALLENGES • REAL HELP

BUMPS ON THE ROAD
OTTAWA

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Walk, run, or jog 9 kilometers to support research in women's sexual and reproductive health.

Men, women and children are invited to join pregnant women on their journey towards their 9 brave months ahead.

Not pregnant and want to fit in?

Wear a fake belly or backpack filled with weights to add a challenge!

Location: Andrew Haydon Park, Ottawa, ON

Date and Time: Sunday October 20, 2013
8:00 a.m. Participant registration and kit pick-up
9:00 a.m. Walk begins

Cost: $30 for individuals
$250 for a team
A charitable tax receipt will be issued from the Canadian Foundation for Women's Health for all donations over $20.

To register for the event and to download pledge forms or donation forms visit www.bumpsontheroad.ca

For more information about the event and for sponsorship opportunities, contact us at info@cfwh.org

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Charitable Registration Number 88688 4089 RR0001

SURVEY REVEALS GAPS IN FERTILITY KNOWLEDGE

Women attend university and post-graduate studies in higher numbers, establish their careers later in life, and work longer than ever before. But the clock remains the same as it was 30 years ago.

A recent survey of female members of the Metro Panel, a reader advisory board of Metro News Group, sponsored by EMD Inc., Canada, revealed good intentions when it comes to family planning, but that large gaps in fertility knowledge may be derailing these plans for many women.

"Today, the majority of women are not in a position to have children before the age of 30," says Joanne Horibe, president of Conceivable Dreams, an organization that advocates for funding of in vitro fertilization. "Unfortunately, the health-care system does not do a very good job educating them on the challenges this presents."

In fact, only about 39 per cent of survey respondents felt secure enough in their knowledge of infertility to successfully plan for a family. And while 90 per cent of respondents stated they had considered when would be the best time for them to start a family, only 10 per cent had their fertility tested.

Their reasons for selecting the best time for family building were well thought out. Most felt they would be in a stable relationship, achieve financial stability, have finished their education and be well-established in a career.

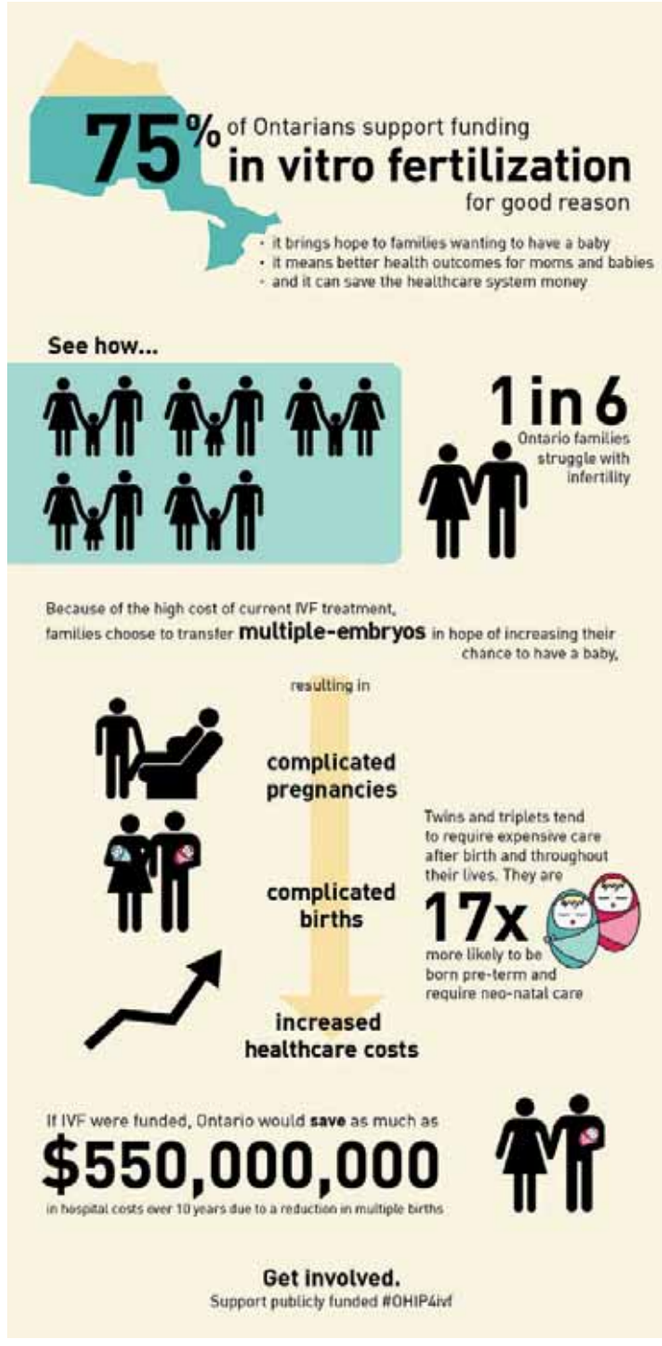
The reality is that these goals can also take a considerable amount of time and result in many couples not trying to conceive until well past the age when fertility starts to decline. Only 25 per cent of respondents had considered the risk of their fertility declining when deciding when to start having a family.

Many women knew fertility dropped off at a certain age, but they couldn't accurately pinpoint that age. Only 11 per cent correctly guessed that a woman's fertility starts to decline around age 30.

While the majority believed infertility is a medical condition, more than half of respondents (52 per cent) believed that simply staying fit and living a healthy lifestyle will protect their fertility.

"In fact, there are many causes of infertility," says Gloria Poirier, acting executive director for the Infertility Awareness Association of Canada (IAAC). "Simply staying fit is no guarantee of staying fertile. It's important that women stay informed and if you are over the age of 30 and have been trying unsuccessfully for more than six months to conceive, speak to your doctor about fertility testing and monitoring."

– Paula Schuck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for good reason
• it brings hope to families wanting to have a baby
• it means better health outcomes for moms and babies
• and it can save the healthcare system money
See how...
1 in 6
Ontario families struggle with infertility
Because of the high cost of current IVF treatment, families choose to transfer multiple-embryos in hope of increasing their chance to have a baby,
resulting in
complicated pregnancies
complicated births
increased healthcare costs
Twins and triplets tend to require expensive care after birth and throughout their lives. They are
17x
more likely to be born pre-term and require neo-natal care
If IVF were funded, Ontario would save as much as
$550,000,000
in hospital costs over 10 years due to a reduction in multiple births
Get involved.
Support publicly funded #OHIP4ivf

SEARCH OUT PATIENT GROUPS FOR INFERTILITY SUPPORT

Ashley Powell is 29, diagnosed with polycystic ovarian syndrome (PCOS), and has exhausted most of her options trying to get pregnant.

Ashley's infertility story starts at puberty. She had her first period at 13. Her menstrual cycles have always been erratic. Powell had only four to eight extremely painful periods each year. She was diagnosed with PCOS in college.

She married Brandon in 2009 and began trying to get pregnant. Imagine having a health problem you knew how to solve, but the solution remained out of reach. That's the frustrating state of life for the Oshawa couple.

Brandon's sperm counts are fine, despite a battle with testicular cancer and subsequent surgery. Because of these two factors, the Powells consulted fertility specialists early.

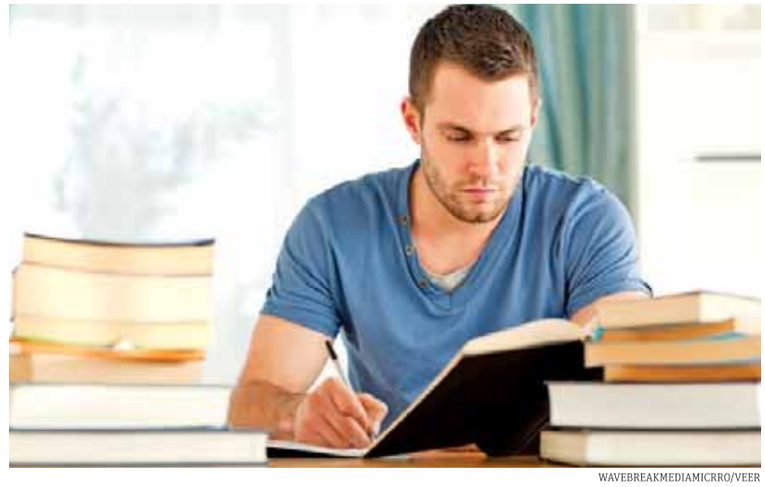
"We've been going to the fertility clinic from the time I was 25 years old," Ashley says. "With the IUI's (intrauterine insemination) and the injection medications, it has been nearly impossible to save any kind of lump sum amount for the IVF (in vitro fertilization) we need."

IVF is the medically recommended treatment for the Powells, but in Ontario it can cost more than $10,000 with medications. They have exhausted every option funded by OHIP. They have done IUI, intrauterine insemination, timed intercourse and surgery called ovarian drilling.

After almost five years and 10 rounds of different treatments, the Powells are physically and financially exhausted, plus they still have no children.

The Powells have found support from a patient group called Conceivable Dreams. The Ontario-based group advocates for public funding for in vitro fertilization. The group can be found on Facebook and Twitter.

TURN DEGREES INTO CAREERS



WAVEBREAKMEDIAMICRRO/VEER

Canada's universities are among the best in the world, but face challenges matching education to labour market needs, according to a new study.

The Conference Board of Canada's Education and Skills report card gives Canadian universities an A and ranks the country second overall, but we earned Bs and Cs for return-on-investment. Canada also received Cs for percentage of university graduates in science, math, computer science and engineering. The report card gave us a D for the number of PhD graduates.

"Within the post-secondary system, we must improve co-ordination among offerings, thereby creating better pathways to workplaces, jobs and careers," says Daniel Muzyka, president of the board.

Allan Rock, president of the University of Ottawa, offers a robust defence of the university degree, but suggests how the gap between education and workforce arises. He cites a CIBC report finding labour shortages in 25 professions requiring a degree. They include optometrists, engineers, doctors, dentists and social workers. A degree might not guarantee a career, but many careers require a degree.

"Contrary to the myth of the irrelevant university, there continues to be a strong demand for university graduates," he says.

David Gauthier, vice-president at Saint Mary's University, says universities drive economic growth via research and development partnerships with industry. That also helps students turn education into careers.

"Innovation in university program and curriculum design, content and delivery, coupled with new technologies, allows for learning that gives students the experience and skills needed to be immediately successful in the workplace after graduation," he says.

– Jon Tattrie

AREKMALANG/VEER

UNIQUE MANAGEMENT PROGRAM FOR WOMEN

The Management Development Program for Women (MDPW) is a professional part-time program that has been offered by the Centre for Research and Education on Women and Work (CREWW) for the past 21 years and boasts more than 570 successful graduates.

This unique program is housed in the Sprott School of Business on the Carleton University campus.

The program provides working women with an opportunity to develop their management and leadership skills in a supportive environment, while having an opportunity to discuss the particular challenges that women face in management.

"The biggest challenge women face is stereotypes," says Dr. Lorraine Dyke, director, Centre for Research and Education on Women and Work (CREWW), and associate professor, management and strategy, Sprott School of Business, Carleton University.

"Stereotypes keep women from being considered for certain kinds of jobs, stereotypes affect how women's behaviour is evaluated, and stereotypes undermine women's self-confidence."

The program meets for three consecutive days once per month for nine months and covers all functional areas of business.

The program is designed to facilitate the transfer of learning from the classroom to the workplace.

For more information, contact aemilia_jarvis@carleton.ca or call CREWW at 613-520-2650.

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Bilingual Office Administration	September 3, 2013
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HELP MAKE A DIFFERENCE AT SAINT PAUL

Focused on creating a better world for all, Saint Paul University (SPU) takes a unique approach to the courses it offers.

By offering students courses with the purpose of impacting the community in a positive way, SPU hopes to draw in students wanting to make a difference in their community.

"We want students to be aware that they have the capacity to change the world," says Chantal Beauvais, rector of Saint Paul University.

Beauvais says the programs, which are focused on the social skills area, are also in great demand by today's employers.

"Employers are looking for social and collaborative competencies along with the technical skills, and our students have these tools," Beauvais says.

SPU is a fully bilingual university where students can choose to study in English, French, or a combination of the two.

The school offers small class sizes so students are part of a tight-knit community and aren't just a number.

SPU offers a wide range of undergraduate, masters and doctorate degrees in a number of different areas, such as ethics, human relations and spirituality, philosophy, conflict resolution, and more.

Applications for the September intake are now being accepted.

For more, visit ustpaul.ca.

CONTRIBUTED

LEARN PRACTICAL APPLICATIONS AT HERITAGE COLLEGE

Cégep Heritage College is the only public, tuition-free, Anglophone CEGEP in western Quebec.

Cégep Heritage College offers students a chance to study at its state-of-the-art facilities located in Gatineau, bordering scenic Gatineau Park and just 10 minutes from downtown Ottawa.

The Centre for Continuing Education offers programs leading to Attestations of College Studies Programs, à la carte credit courses, professional and personal development courses and workshops, as well as custom-tailored corporate training.

Attestation of College Studies (AEC) is the certification received upon completing an intensive college-level career program at a CEGEP (Collège d'enseignement général et professionnel). Upon completion, students are prepared to enter the workforce.

AEC programs are designed to prepare adult students for entry into the job market.

Students learn practical applications, gain knowledge about Canadian practices and upgrade skills towards a new career in office administration, information technology, accounting or early childhood care.

CONTRIBUTED

Professional and personal development non-credit courses and workshops offered at Cégep Heritage College range from English and French conversation and writing skills, new technology, and home childcare provider.

Cégep Heritage College is centred on student success. With that in mind, class sizes are small and instructors have industry experience to offer students personalized, quality instruction.

For more information about Cégep Heritage College, call 819-778-2270, ext. 2801, or visit heritageadvantage.ca/conted.

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SLEEP TIGHT

LANALANGLOIS/VEER

STUDIES SHOW THAT SLEEP IS VERY IMPORTANT TO GOOD HEALTH

One of Canada's top sleep experts appreciates the importance of a good night's sleep.

"The more research we do, the clearer it becomes that sleep is incredibly important to good health," says Joseph De Koninck, PhD.

For more than 30 years, De Koninck has taught psychology students and run a two-bedroom sleep laboratory at the University of Ottawa. During the course of his career, researchers from around the world have established ever stronger links between sleep and health. And he worries that the growing pressures of the modern age — careers that require round-the-clock availability — will affect the long-term sleep patterns of Canadians.

People with poor sleep habits are at greater risk for a number of chronic conditions, including obesity, diabetes and heart disease. Sleep deprivation also impairs memory and judgment, increasing the risk of traffic accidents and work mishaps, and often leads to problems in interpersonal relationships.

Researchers continue to uncover exactly how sound sleep contributes to health. One mechanism involves the regulation of hormones. When we sleep, our bodies secrete hormones that help to control appetite and metabolism. When we don't get enough sleep, our bodies produce extra cortisol, often described as the "stress hormone," and insulin, the hormone that regulates glucose processing and promotes fat storage. As a result, poor sleep can make us feel hungry even though we have had enough to eat, and leave us too tired to exercise off the extra calories.

Since insufficient sleep influences the way we process glucose — the high-energy carbohydrate that cells use for fuel — it may also play a role in type 2 diabetes, a chronic condition increasingly prevalent in Canada.

There is also research to suggest that even a single night of inadequate sleep can increase the effects of hypertension. One study found that people with hypertension who have a poor night's sleep experience elevated blood pressure throughout the next day.

Given all the risks associated with poor sleep habits, it should come as no surprise that people who don't sleep well tend to have shorter lives. Data from three studies revealed that averaging five hours or less of sleep per night shortened life expectancy by approximately 15 per cent. *– Peter Boyle*

YOU'LL BE DREAMING IN NO TIME

AREKMALANG/VEER

DGMATA/VEER

MOCKER/VEER

Follow these tips to fall into dream land..

1 A cup of warm milk. Sometimes, those old wives' tales ring true. Milk contains tryptophan, an amino acid that can make you drowsy.

2 A hot bath. For many children, a nice relaxing soak in the tub is a pre-bed ritual. If it worked when you were a child, it might work now that you are (pretty much) all grown up.

3 Choose your evening drinks wisely. For many people, caffeine after dinner is a real no-no. Choose decaffeinated coffee, tea and pop or avoid them altogether, along with chocolate. And while alcohol can make you drowsy, drinking too much interferes with sleep.

4 Stick to a schedule. Make a point of going to bed and getting up at about the same time each day. Most bodies thrive on routine.

5 Stretch it out. Slow, gentle stretches accompanied by easy, deep breathing works wonders for many people. Although vigorous exercise might leave you awake, low-intensity yoga can be a great way to de-stress at the end of the day.

6 Massage. I'll rub your back if you rub mine. A few minutes of massage will not only promote sleep, it will also do wonders for your relationship. For the full effect, add a drop of soothing aromatherapy oil (lavender and chamomile scents are especially calming).

7 Get rid of distractions. Your bedroom should be for sleeping, dressing and sex — no laptops, iPads, television or other distractions allowed. Put some physical distance between the place where you sleep and the places where you live the rest of your life.

8 Create an ideal sleep environment. Do whatever you need to promote sleep — if the morning sun bothers you, get thicker curtains or blinds; if noise bothers you, close doors and windows or add sound insulation.

9 Invest in a good-quality mattress. Given that mattresses last 10 to 12 years, don't be afraid to spend $1,000 on one that you find comfortable.

10 Free your mind. Once you close your eyes, allow your mind to wander freely; avoid judging or guiding whatever thoughts come up. You will be dreaming in no time.

– Peter Boyle

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SHIFT WORK CAN PLAY HAVOC WITH SLEEP

Society runs around the clock, requiring some people to work while others sleep. By some estimates, up to 30 per cent of Canadian full-time employees regularly work hours outside the normal range of 7 a.m. to 6 p.m. Today, it's not only doctors, nurses and emergency response personnel who must burn the midnight oil, but also workers in call centres, gyms and casinos.

Without appropriate precautions, however, shift work can be unhealthy, according to Dr. Joti Samra, a clinical psychologist and researcher in Yaletown (Vancouver).

"Many suffer from shift work sleep disorder, a clinically recognized condition that results in chronic insomnia or fatigue" Samra says. "This can lead to a host of nasty illnesses, from cardiovascular disease and hypertension, to gastrointestinal disorders and even some forms of cancer."

ANDRESR/VEER

According to Samra, three interrelated factors can make shift work unhealthy:

Disruption of the body's natural 24-hour clock: Many of the body's functions — from digestion to body temperature, blood pressure and pulse — are regulated by our so-called body clock.

Adoption or worsening of unhealthy behaviours: Research indicates that shift workers are more likely than others to smoke, drink heavily, eat poorly and have body-weight issues.

Physiological stress: An interruption in sleep stimulates the body to release hormones that can lead to increased feelings of anxiety, depression, irritability and apathy, and decreased levels of concentration and focus. Some research suggests that long-term shift work can cause shrinkage in the two glands (amygdala and hippocampus) that control focus, concentration, morals and values.

The following are sound sleep tips for shift workers:

- Stick to a pattern: Go to bed and wake up at around the same time each day (even on weekends).
- Go to sleep in the dark and wake up to the light (i.e., open the blinds or go outside with your coffee).
- Limit napping (especially if you have trouble falling asleep when you are ready for bed).
- Expose yourself to outside light (i.e., open blinds) upon waking.
- No caffeine within five hours of bedtime.
- No nicotine or exercise within three hours of bedtime.
- Don't drink. Even one drink of alcohol can interfere with the quality and restorative value of sleep.
- Create a consistent and relaxing bedtime routine; make a clear distinction between daytime (alert) activities and bedtime (relaxing) activities.

– Peter McKinnon

DID YOU KNOW THAT...
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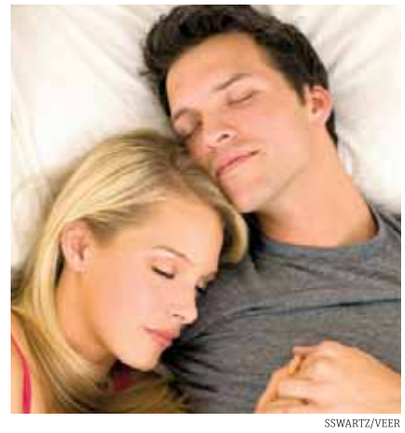
SOUND SLEEP CONTRIBUTES TO GOOD OVERALL HEALTH

"With all of the information, services and supports available today, we should all sleep well on a regular basis," says Lisa Desroches.

Desroches owns and operates Sleep Therapy Management, a clinic that provides doctor-referred services to people suffering from sleep disorders such as apnea and insomnia. According to Desroches, stress is the most common reason people don't sleep well. Typically, once people develop proper sleep habits (e.g., no caffeine, no distractions in the bedroom, relaxing before bedtime) their sleep improves dramatically.

For a minority of people, however, physical problems, such as narrow or floppy airways, or a tendency to breathe irregularly, can interfere with sleep. To properly diagnose these types of problems, physicians refer patients to a sleep lab. Sleep Therapy Management provides a range of effective treatments.

A common treatment for sleep apnea, for instance, is a machine known as CPAP (continuous positive airway pressure). The patient wears a mask connected to the machine, which keeps air flowing freely and promotes a restful, uninterrupted sleep.



SSWARTZ/VEER

"People who don't sleep well on a regular basis are more likely to suffer from a long list of other health problems, including diabetes and hypertension," Desroches says. "A sound sleep contributes to good overall health."

Time to fill up again! But you can save some gas money by changing a few of your driving habits. ISTOCK IMAGES

All your cash going in the gas tank?

YOUR MONEY
Alison Griffiths
money@metronews.ca

What could you do with $2,322? Well, for one thing, you could drive a small car.

The Canadian Automobile Association estimates that the average annual operating cost, including gas, oil, tires and maintenance of a small car driven 18,000 kilometres a year (in this case a Civic LX), amounts to $2,322.

For a mid-sized car (Camry LE) the tab rises to just more than $3,000. Both test cars were new, four cylinder models and the average gasoline price was pegged at $1.23 a litre.

However, right now only New Brunswick enjoys $1.23 at the pump while all the western provinces — except Alberta at around $1.27 — are well over $1.30. So much for living near the gas supply!

Add in long commutes and less fuel-efficient cars and many Canadians are paying well north of $3,500 annually for their wheels. All the more reason to use these six tips to chop gas costs by as much as 25 per cent.

1. Turn off the ignition
Idling shortens the life of engine oil by as much as 75 per cent and increases gas costs. Excessive use of the heater or air conditioner also boosts gas consumption.

2. Soft foot the pedal
Darting away from a stoplight consumes 40 per cent more fuel than easing away. It also increases emissions by 400 per cent.

3. Be a turtle
Travelling at an average speed of 100 km/h versus 120 will save 20 per cent on fuel consumption. You'll arrive in about the same time and more safely.

4. Don't skimp on maintenance
Regular tune-ups, lubrication and oil changes reduce engine wear and improve gas mileage.

5. Check the pressure
Keeping tires properly inflated improves handling and reduces wear and gas consumption — cutting up to two weeks worth of gasoline annually.

6. Lighten up
Excess weight reduces engine life and decreases gas mileage, especially for smaller cars.

Following all six recommendations could result in savings of between $580 and $750 annually, based on the CAA tests. Not bad for a few changes in driving habits.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Car culture

Number of cars per 1,000 people:

- **Canada.** 607
- **U.S.** 797

In debt

Savings strategies for new grads

It was the best of times; it was the worst of times.

That's how it seems for many graduating students these days. Their debts are high and the chance of finding a good paying job appears to be low, according to the leading pundits. They also advise new grads to pay off their school debts as quickly as possible, to start saving for retirement and for the ever-imminent rainy day.

This may all seem very daunting if you're a grad with two or three part-time jobs who's barely scraping enough together for rent. But the experts at Desjardins Insurance have some suggestions on how all these goals can be achieved through careful planning and creativity.

Create a monthly budget. Setting it up will require a bit of effort, but it's worth it in the long run. Remember these tips:

Keep it simple
It should be straightforward and flexible so it can be easily modified if your income or expenses change.

Set your financial objectives
Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to achieve your financial goals.

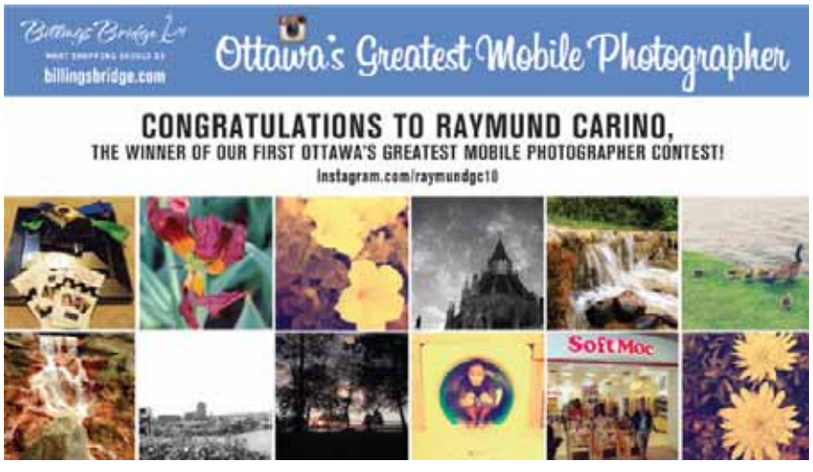
Be realistic and specific about your spending
Go through your account statements to identify your spending patterns. Each expense item will have its own line in your budget, like housing, groceries, utilities, transportation, school debt payments, entertainment, clothing, etc.

Stay organized
Save all of your receipts and track them against your budget.

Talk to a financial planner to help you define your short- and mid-term savings goals, assess the savings options available to you and get advice on how to get an early start on your retirement savings strategy. One of the best ways of doing this is to take advantage of dollar cost averaging, which is all about using time and consistency to grow your money.

Here's how that would look: Suzanne can contribute $1,200 this year into her retirement savings plan. She can either wait until she's saved up $1,200 and invest it all at once, or contribute $100 each month. Here's how dollar cost averaging pays off: Lump Sum Contribution: She saves $1,200 by the end of the year and is ready to invest. Suzanne decides to purchase mutual fund shares with a unit price of $5. Her $1,200 buys 240 units.

Regular Contributions: By contrast, Suzanne invests $100 per month through regular payroll deductions. Because of market fluctuations, the cost per unit changes every month, allowing her to buy a different number of units with her monthly contributions. At the end of the year, Suzanne was able to buy 266 units, valued at $1,330. She's now ahead by $130. NEWS CANADA



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RIDEAU RIVER WESTERN PATHWAY

INFORMATION OPEN HOUSE

Wednesday June 12, 2013
5:00 p.m. to 8:00 p.m.
Old Town Hall Community Centre - Lower Room
61 Main Street

The City of Ottawa is proposing to construct a multi-use pathway that will run along the western and northern shoreline of the Rideau River from Belmont Street to University of Ottawa Lees Avenue Campus to improve the City's Cycling network. By conducting a functional design study, the City will identify and develop a preferred design for cycling and pedestrian needs, the existing natural environment, current and future community needs and cost.

By attending this information open house, residents will have a chance to learn more, have an opportunity to discuss the study with the study team and provide input and comment. Residents' comments are welcome throughout the study and there will be several other opportunities to learn more during the course of the study.

Additional information is available on the City of Ottawa website at ottawa.ca/rideaupathway

If you would like to be added to the mailing list or questions, please contact:

Robin Bennett, Project Manager
Planning & Growth Management Department
110 Laurier Avenue West
Ottawa, ON K1P 1J1
Tel: 613-580-2424 ext. 21795
Fax: 613-580-2578
Email: robin.bennett@ottawa.ca

Christopher Gordon, Consultant Project Manager
Stantec Consulting Ltd.
1331 Clyde Avenue
Ottawa ON K2C 3G4
Tel: 613-724-4353
Fax: 613-722-2799
Email: Christopher.Gordon@stantec.com

Man advantage a cup-final misnomer

NHL playoffs. Penalty killing and goaltending in spotlight as Chicago and Boston prepare for championship series

Tuukka Rask makes a save during Bruins practice on Monday in Boston. ELISE AMENDOLA/THE ASSOCIATED PRESS

When it comes to power plays in the Stanley Cup final, the Chicago Blackhawks and Boston Bruins might just prefer to keep going with everyone on the ice.

The two teams left in the NHL playoffs have been lousy with the man advantage and terrific at killing penalties during the post-season.

When the Blackhawks are forced to play a man down, Michael Frolik and Marcus Kruger are so persistent it almost resembles an even-strength situation. And the Bruins have hulking defenceman Zdeno Chara and goalie Tuukka Rask, who is swallowing everything at the net these days.

Heading into Game 1 on Wednesday night, goals on special teams have been so scarce that a couple for either side could tip the series.

"The special teams are kind of key, if you want to (have) success," Frolik said after Chicago held an optional practice on Monday. "We try to talk about it all the time and make sure we're on the same page. It's especially going to be key right now. We've got to make sure we are ready for the challenge."

So far, so good on that front for the Bruins and Blackhawks.

With Frolik and Kruger tying up the action on top of the zone, Chicago has allowed just three goals in 58 power-play opportunities for an astounding 94.8 per cent kill rate. Los Angeles got two of them in the Western Conference final, but one was a meaningless goal by Tyler Toffoli at the end of the Blackhawks' 4-2 win in Game 2.

The 92.5 per cent finish for the 2000 New Jersey Devils is the best playoff rate for a Stanley Cup champion in the last 25 years, according to STATS.

"I think they do a good job of fronting shots," Boston coach Claude Julien said of Chicago's penalty killers. "You really have to work hard to get the shots through. That's what they are, they're very patient; they're very aggressive when you do lose, I guess, control of the puck and if they feel they can get on you, they'll get on you quick. They've done a good job that way."

Pittsburgh had converted an NHL-best 28.3 per cent of its power-play chances heading into the Eastern Conference final against Boston, but the high-powered Penguins went 0 for 15 with the man advantage during the Bruins' impressive four-game sweep.

THE ASSOCIATED PRESS

Rask up to the task

"We're facing a goalie that in the last round was as good as any of the goalies we've seen over a segment of two years in the playoffs."

Blackhawks coach Joel Quenneville on Bruins goalie Tuukka Rask who has a 1.75 goals-against average and .943 save percentage in the 2013 playoffs. Boston has yielded seven goals in 52 power-play opportunities for an 86.5 per cent kill rate in the post-season.

Family matters

Kobe's parents apologize for memorabilia snafu

Kobe Bryant reached a settlement with a New Jersey auction house that allows his mother to sell a small amount of his memorabilia, while also getting an apology from his parents, who thanked him for his financial support.

Kenneth Goldin, founder of southern New Jersey-based Goldin Auctions, said Monday that his company and the Los Angeles Lakers star had reached a settlement. Through a publicist, an attorney for Bryant also confirmed the dispute had been resolved.

Citing a confidentiality agreement, Goldin wouldn't discuss details of the settlement beyond identifying the six items to be auctioned, including two uniforms worn by Bryant in high school and two 2000 NBA championship rings Bryant gave to his parents.

THE ASSOCIATED PRESS

Patriotic duty

Tebow New England-bound, sources say

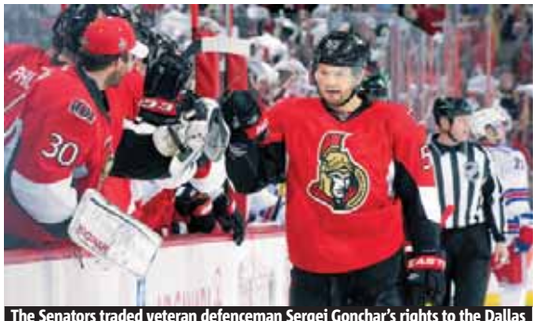
A person familiar with the situation says quarterback Tim Tebow is planning to join the New England Patriots at their mini-camp on Tuesday.

The person spoke on condition of anonymity because no official announcement had been made.

ESPN reported earlier Monday that Tebow will sign with the Patriots.

THE ASSOCIATED PRESS

Gone-char: Sens trade blue-liner for pick



The Senators traded veteran defenceman Sergei Gonchar's rights to the Dallas Stars for a sixth-round draft pick. RICHARD WOLOWICZ/GETTY IMAGES

The Dallas Stars have signed defenceman Sergei Gonchar to a two-year deal worth $10 million US.

The Senators traded the 39-year-old's rights to Dallas for a sixth-round pick that was conditional on Gonchar agreeing to a contract with the Stars. Ottawa now has seven selections in this year's draft.

Gonchar gives the Stars another veteran presence on their young blue-line to go along with 36-year-old alternate captain Stephane Robidas.

Gonchar is a veteran of 1,177 NHL games and has 217 goals and 558 assists. He had three goals and 24 assists last season and chipped in with six assists in 10 playoff games with the Senators in 2013.

"Sergei is a high-end offensive defenceman who can quarterback a power play and help generate offence from the blue-line," Stars general manager Jim Nill said in a statement. "Sergei has had an impressive NHL career and has been a big contributor to Ottawa's offence over the last three seasons. We are excited to see him continue his career here in Dallas the next two years."

THE CANADIAN PRESS

On to the next one

5

The Dallas Stars are Sergei Gonchar's fifth NHL team. Gonchar spent the past three years with the Ottawa Senators.

Horoscopes

♈ Aries
March 21 - April 20
You don't lack for confidence and you won't hesitate to tell others where they've gone wrong. It may in fact be the case that you've got it wrong but your self-belief is such that you just don't notice.

♉ Taurus
April 21 - May 21
Some people may be rather cool towards you today but don't think that means you are out of favour. More likely they're dealing with personal issues and don't have time for niceties. It's no big deal.

♊ Gemini
May 22 - June 21
Go with your feelings today and don't be afraid to let others know why you think they are wrong. They may accuse you of being irrational, but you know better than to ignore your instincts.

♋ Cancer
June 22 - July 23
Saturn's influence in your chart, though good, may cause you to be a bit too limited in your thinking. Imagination is every bit as important as intelligence, so listen to your inner voice then act on what it tells you.

♌ Leo
July 24 - Aug. 23
A loved one is in need of assistance but they keep pushing you away every time you try to help. There's not much you can do except hang around so you are there for them when they come to their senses.

♍ Virgo
Aug. 24 - Sept. 23
You feel compelled to resolve a feud that has dragged on a long time. It isn't worth the time and the energy. Move on.

♎ Libra
Sept. 24 - Oct. 23
Whether the challenge you face is personal or professional, you can and you must meet it head-on today. You may be good at indecision but you can take the initiative when you need to, like now.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be happy that you cannot move in the direction you most want to go but the planets are holding you back for a reason. What is that reason? By the end of the week you will finally know.

♐ Sagittarius
Nov. 23 - Dec. 21
Even a Sagittarius needs to be alone with their thoughts once in a while and if that is how you feel now then by all means get away from the crowds and the noise. You need room to think about your options.

♑ Capricorn
Dec. 22 - Jan. 20
How seriously do you take your aims? According to your solar chart you are a bit too vague about your goals at the moment. Time to get serious.

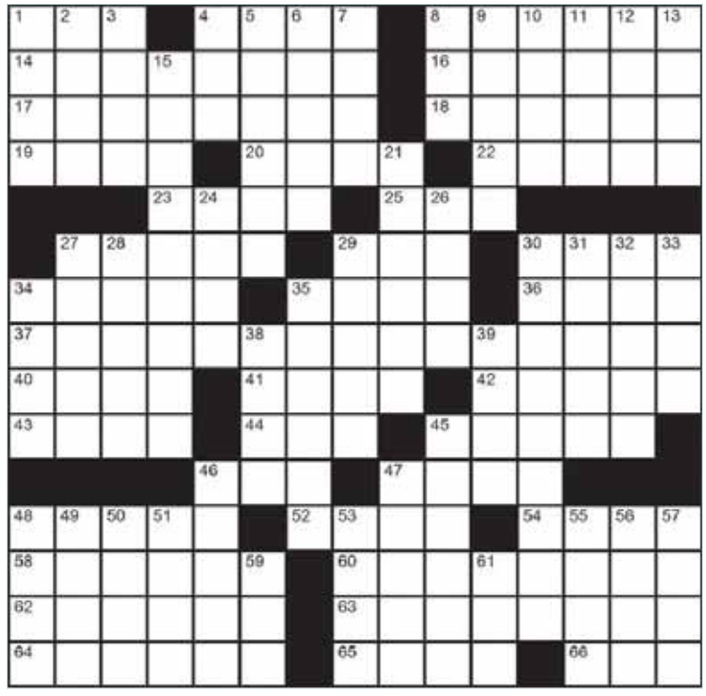
♒ Aquarius
Jan. 21 - Feb. 19
Someone who envies your popularity will try to find ways to make life difficult for you but it's unlikely they will succeed. And if you keep the smile on your face you will annoy them all the more!

♓ Pisces
Feb. 20 - March 20
Nothing seems to faze you, and that's just as well because some people will go out of their way to infuriate you. Don't worry about it it. Not everyone can be a big-hearted Pisces. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

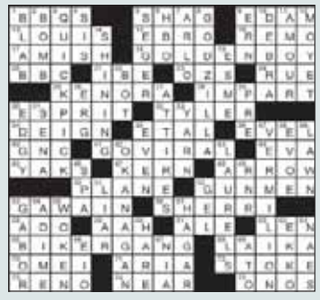
BY KELLY ANN BUCHANAN



Across
1. _ __ vapeur (Steamed, restaurant style)
4. Ontario's Casino __
8. Piles
14. Tires company
16. Esoteric
17. __ Sea (Arctic Ocean part)
18. Cape __, Nunavut
19. "Correct me __ __ wrong, but..."
20. Canada Geese flying formations
22. __ out (Distributes)
23. Pizzeria products
25. Li'l kitchen measurement
27. Put into a cell
29. Fam. member
30. "Born Free" (1966) lioness
34. __ a fox: 2 wds.
35. Remarked
36. Plunges
37. Rush's 'Rock Album of the Year' at this year's Junos: 2 wds.
40. Farm sound
41. Boundary
42. Dick __, legendary Montreal Canadiens coach
43. Golfer's props
44. Compete
45. "Kathy Griffin: My Life on the _-__"
46. Currency in Romania
47. Regard
48. Mindful
52. Greek Myth: Pleiades sister
54. Ms. Minnelli
58. Newspaper article length
60. Ottawa university
62. Stellar
63. How Farrah Fawcett's 1970s hairstyle was cut: 2 wds.
64. Canadian __ (Region of rocks)
65. Week parts
66. Bob __ (Liberal politician)

Down
1. Prefix to 'dextrous' (Skilled at right/left hand use)
2. Poet's 'willingly'
3. Health food berry
4. CFL official
5. Billy Idol's "To Be _ __"
6. Swampy spots
7. Poker stake
8. Clown face expression
9. Badly defeat
10. Territorial measure
11. Show's group of actors
12. Pants part
13. Arranges
15. Some whales
21. Hit the picket line
24. Phantom of the Opera tune: "All _ __ of You"
26. Kim Mitchell hit: "Go for __"
27. Miss __, "Dallas" matriarch
28. The Gershwins musical, __ __ and Only
29. Freight-carrying boat
30. Martin Short's uniquely-coiffed/high-waisted-pants character: 2 wds.
31. Actor Mr. Schreiber's
32. Divvy up
33. PGA part, for short
34. Sean Connery, for one
35. Dietary concern
38. "__ Only Just Begun" by The Carpenters
39. Egypt's river
45. In a heartfelt way
46. "Street __" (1987 to 1994 Canadian series)
47. Princess __, William and Harry's mum
48. Regrettably
49. Hope for
50. __-aging cream
51. Unique
53. Music style, __ rock
55. Roman road
56. Author, __ Neale Hurston
57. Newfoundland: L'__ aux Meadows
59. Long ago time
61. Vegas partner

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	4	5	9	2	8	3	6	7
9	2	3	6	7	1	5	4	8
7	8	6	4	3	5	1	2	9
6	3	1	8	4	7	2	9	5
4	7	8	2	5	9	6	1	3
2	5	9	1	6	3	7	8	4
8	1	7	5	9	6	4	3	2
3	6	4	7	8	2	9	5	1
5	9	2	3	1	4	8	7	6

	5	3	6		8	9	4	
2	8						1	3
		7	2		6	4		
	2			8			7	
		9	5		7	3		
4	7						9	2
	3	1	4		2	8	6	

Today
18°/13°
Rain
80%

Wednesday
19°/12°
Showers
80%

Know what the weather will be 14 days from now.
Check the 14 day trend.
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